

## Food Sources of Purines

### Information About Purines

- Purines are found in all body cells as part of DNA.
- They are also found naturally in food.
- Our body changes purines into uric acid.
- High levels of uric acid are a risk factor for gout and gouty attacks.

### How Can I Limit the Amount of Purine I Eat?

There is no recommended amount of purine that you need in your diet. However, if you have gout, the following advice may help to lower your uric acid levels and risk of gout attacks:

- Eat smaller amounts or fewer servings of purine-rich foods like meat, and seafood.
- Avoid organ meats.
- Limit your alcohol, especially beer.

### Purine Content of Some Common Foods

The following chart will help you choose meat, poultry and seafood options that are lower in purines. Use the numbers in the chart to compare different foods. Even with gout, you do not need to count the amount of purines in your diet each day.

Purines are found in highest amounts in organ meats, like heart, kidney and liver and dried fish like anchovies and sardines. General advice is to avoid organ meats due to the high purine content. Plant-based sources of purines, like lentils, soybeans, grains and some vegetables have not been shown to increase the risk of gout or gout attacks. (1) Continue to include plant-based sources of purines as part of a healthy diet.

Note: When you read the table, 90 g (3 oz) raw is equal to about one Canada Food Guide serving of 75 g (2 ½ oz) cooked portion.

Food	Canada's Food Guide Serving Size	Total Purines Milligrams (mg)
<b>Organ Meats</b>		
Chicken liver, raw	90 g (3 oz)	281
Pork liver, raw	90 g (3 oz)	256
Beef liver, raw	90 g (3 oz)	198
Kidney, pork, raw	90 g (3 oz)	176
Heart, beef, raw	90 g (3 oz)	167
Kidney, beef, raw	90 g (3 oz)	157

Heart, pork, raw	90 g (3 oz)	107
<b>Meat and Poultry</b>		
Chicken, white meat, raw	90 g (3 oz)	139
Chicken, breast, raw	90 g (3 oz)	127
Chicken, leg, raw	90 g (3 oz)	111
Beef, round steak, raw	90 g (3 oz)	100
Beef, tenderloin, raw	90 g (3 oz)	89
Beef, sirloin, raw	90 g (3 oz)	81
Beef, ribs, raw	90 g (3 oz)	70
Pork, tenderloin, raw	90 g (3 oz)	108
Prosciutto, cooked*	75 g (2 ½ oz)	104
Pork, rump, raw	90 g (3 oz)	102
Salami, cooked*	75 g (2 ½ oz)	90
Pork, sirloin, raw	90 g (3 oz)	86
Pork, shoulder, raw	90 g (3 oz)	73
Pork, ribs, raw,	90 g (3 oz)	68
Bacon*, cooked	75 g (2 ½ oz)	56
Corned beef, cooked*	75 g (2 ½ oz)	35
<b>Fish and Seafood</b>		
Anchovy, dried	90 g (3 oz)	832
Sardine, half dried	90 g (3 oz)	275
Rainbow trout, raw	90 g (3 oz)	163
Shrimp, raw	90 g (3 oz)	150
Tuna, raw	90 g (3 oz)	142
Clam, raw	90 g (3 oz)	131
Herring, raw	90 g (3 oz)	126
Mackerel, Spanish, raw	90 g (3 oz)	125
Octopus, raw	90 g (3 oz)	124
Snow crab, raw	90 g (3 oz)	123
Halibut, raw	90 gm (3 oz)	120
Sable or Black Cod, raw	90 g (3 oz)	110
Salmon, raw	90 g (3 oz)	107
Salmon, canned, cooked	75 g (2 ½ oz)	100
Carp, raw	90 g (3 oz)	93
Tuna, canned, cooked	75 g (2 ½ oz)	88
<b>Meat Alternatives</b>		
Egg	2 eggs	0
<b>Milk and Alternatives*</b>		
Yogurt	¾ cup	9
Cheese, brick	45 g (1 ½ oz)	3
Milk	250 mL (1 cup)	0
Vegetables and Fruit		While some vegetables and fruit contain purine,

		they do not increase the risk of gout attack.
Grain Products		Contain low levels. Purines from grains do not increase the risk of gout attacks.

\*Food can be high in saturated fat and sodium. Check the label.

Sources:

Kaneko, K. et al. Total Purine and Purine Base Content of Common Foodstuffs for Facilitating Nutrition Therapy for Gout and Hyperuricemia. Biol. Pharm. Bull 37(5) 2014 p. 709-721.