

Purine Restricted Diet

Purine Contents of Food		
Group I 100-1000 mg/100grams OMIT	Group II 9-100 mg/100 grams 1 serving daily	Group III 0-15 mg/100 grams Use as desired
Anchovies	Asparagus	Bread, enriched white and crackers
Bouillon	Beans, dried	Cake
Brains	Cauliflower	Carbonated beverages
Broth	Fish, fresh and salt water	Cereals and products (refined and enriched)
Consommé	Lentils, dried	Cheese
Gravies	Lobster, crab, eel, oysters, and shrimp	Chocolate
Heart	Meats	Coffee, tea, postum
Herring	Meat soups and broths	Cookies
Kidney	Mushrooms	Condiments
Liver	Oatmeal	Cornbread
Mackerel	Peas, dried	Custard
Meat extracts and meat drippings	Poultry	Eggs
Mincemeat	Spinach	Fats of all types in moderation
Partridge	Wheat germ and bran	Fruits of all kinds
Fish roe	Whole wheat bread and cereals	Fruit juices
Sardines		Gelatin
Scallops		Herbs
Sweetbreads		Milk and products
Yeast, baker's and brewer's		Noodles
		Nuts of all varieties
		Olives
		Pickles
		Popcorn
		Pudding
		Rice
		Salt
		Sugar, sweets, syrup
		Vegetables except as noted in other lists
		Vinegar