

ON DIET- GOUT/ URIC ACID

TO BE TAKEN	TO BE AVOIDED
Horse gram	Cola drinks
Barley rice	Beer
Whole grains	Cashew nuts
Coconut water	All type of sea foods
Banana	Cauliflower
Pineapple, Papaya	Cabbage
Carrot	Spinach
River fish	Black grapes
Cherry juice	Tomato
Wheat, Potato	Pumpkin
Milk, diluted tea	Excess dairy
	Red meat
	Sardine
	Meat
	Alcohol
	Butter, cheese, ghee moderation
	Sugar, pickles
	Abundant fluids