

A Simple Gout Diet Handout

Have been asked a lot of times by my patients to prepare a *gout diet* handout that they can refer to. **Gout** is just one over a hundred kind of arthritis that can affect the body. It is a result of having excessive **uric acid** in the blood. After i get ready for each patient's diet handout, I keep in mind that the point is how I would neutralize their **uric acid levels**. The handout I prepare often focuses on these four tips: avoid alcohol, drink plenty of water, and eat fruits.



Avoid Alcohol

Say this again and again in order to my patients: alcohol can do you no good. Alcohol is known to have diuretic effects that can contribute to dehydration and precipitate acute **gout attacks**. Worse, alcohol can also affect **uric acid** metabolism and eventually trigger hyperuricemia. So the gout diet handout I always prepare focuses on the importance of avoiding alcohol.

Drink Lots of Water

Another thing I always include when i prepare a gout diet handout is to drink plenty of water. Drinking water and other fluids can help get rid of uric acid from the entire body. Hence, water is extremely good regarding **gout patients** to help flush uric acid. Water may also help prevent acute gout attacks because it helps prevent dehydration. Furthermore, it can help dilute uric acid in the blood and urine.

Eat Fruits

Fruits are beneficial in a diet because of the vitamins and over-all nutrition that they are able to provide. In gout diets, darkish colored fruits like cherries are very much helpful. Cherries are actually strongly associated with lower levels of uric acid. Other fruits that contain Vitamin c, such as strawberries and citrus oranges, would also help.

“



Are You Using Vitamin C to control Gout Uric Acid? If you re like most people, then you ll no doubt be surprised to hear that controlling your gout, uric acid amounts and signs can be as simple as drinking fruit juice!A Spanish study published in the American Journal of Clinical Nutrition in...

Those are the three important things that I always include in any gout diet handout I get ready for my patients, which i hope could be easy enough for others to follow too. Follow the mantra: avoid alcohol, drink plenty of water, and eat fruits.

[Http://bit.ly/GoutDietGuide](http://bit.ly/GoutDietGuide) Study based and Scientifically confirmed Gout Diet Guide recommended by Doctors and Dietitians to Reverse **Gouty Arthritis**.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.