

## PURINES / URIC ACID

*Purines are found in foods and our cells where it forms part of our DNA, and becomes uric acid when broken down completely. Purines build up when we eat too many high-purine foods, our cells die and genetic material gets recycle, or our kidneys don't eliminate uric acid properly. The most well-known condition related to this is Gout.*

PROTEIN	FRUIT AND VEG	OTHER	EAT MORE
Anchovies	Asparagus	Alcohol	Cherries - anthocyanidins
Codfish	Beans, fava, garbanzo	Beer	Berries
Haddock	Edamame (soy)	Fructose, corn syrup	Strawberries
Herring	Mushrooms	Yeast	Blueberries
Mackerel	Peas	Meat extracts	Vegetables
Mussels	Lentils	Vegemite, Marmite	Starchy vegetables
Sardines	Spinach	Gravies	Potatoes
Salmon	Cauliflower	Processed carbohydrates	Sweet potatoes
Scallops	Raisins		Pumpkin
Trout			Turnips
Crab			Radishes
Lobster			Wholegrains
Oysters			Quinoa
Shrimp			Oats
Fish eggs			Barley
Liver			Rice
Sweetbreads			Coffee <4 cups/day
Organ meats			Herbs – nettle leaf, parsley, celery seed, birch
Brains			Juice – carrot, celery, parsley
Bacon			Lots of water!
Turkey			
Veal			
Venison			
Beef			
Chicken			
Duck			
Rabbit			
Ham			
Pork			

High doses of Vitamin C (500mg<) and cherry juice may help to reduce uric acid levels in the blood.

Sudden weight loss or excessive break down of cells may release large amounts of purines into the blood.