

GOUT DIET

Foods That Are Higher in Purines

Johns Hopkins lists the following foods as being higher in purines:

- hearts
- herring
- mussels
- yeast
- smelt
- sardines
- sweetbreads

Foods Moderately High in Purines

- anchovies
- grouse
- mutton
- veal
- bacon
- liver
- salmon
- turkey
- kidneys
- partridge
- trout
- goose
- haddock
- pheasant
- scallops