

HYPERURICEMIA is related to Metabolic syndrome, Diabetes, Cardiovascular disease, Kidney disease

HYPERURICEMIA

Normal level < 6.8 mg/dl , Once > 7 mg/dl it is termed as hyperuricemia.

High purine foods that should be totally avoided are-

- Offal like Liver, Kidney
- Oily fish
- Meat
- Sea food like mussels, shrimp

Medium purine containing foods that can be taken sometimes are-

- Beans, peas
- Poultry like chicken
- Vegetables like Cauliflower, Spinach
- Cereals like Oats

Low purine containing foods that can be taken regularly-

- Milk and Milk products
- Eggs
- Bread

What to do?

Maintain Healthy Weight

Exercise regularly

Every serving should contain meat less than 85 gms

Stop high fat foods

Drink 8-12 glass of water/ day

What to avoid ?

Avoid Soft drinks, sugar containing fluids

Avoid Alcohol