

Purine-Yielding Foods

Adapted from nutrition texts by Carroll H. Weiss
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FOODS HIGHEST IN PURINES

- anchovies
- brains
- kidney, beef
- game meats (venison, etc.)
- gravies
- herring (including roe)
- liver (calf or beef)
- mackerel
- meat extracts
- mussels
- sardines
- scallops
- yeast

FOODS MODERATELY HIGH IN PURINES

- asparagus
- bacon
- breads & cereals, whole grain
- cauliflower
- eel
- fish (fresh & saltwater)
- legumes (kidney beans, navy & lima beans, lentils, peas)
- meat (beef, lamb, pork, veal)
- meat soups & broths
- mushrooms
- oatmeal
- peas, green
- pork (including ham)
- poultry (chicken, duck, turkey)

FOODS MODERATELYHIGH IN PURINES (cont'd.)

- shellfish (crab, lobster, oysters)
- spinach
- tongue
- tripe
- wheat germ & bran

FOODS LOWEST IN PURINES

- beverages
(coffee, tea, sodas, cocoa)
- butter
- bread & cereal
(except whole grain)
- cheese
- eggs
- fats
- fish roe (including caviar)
- fruits & fruit juices
(avoid citrus to minimize abnormally acidic urinary pH)
- gelatin
- milk (including butter, condensed, malted)
- nuts (including peanut butter)
- pasta (evaluate sauce ingredients separately)
- sugars, syrups, sweets
- vegetables (except those above)
- vegetable & cream soups
(made with acceptable vegetables, but not with beef stock)