



Avoiding High Purine Foods to Manage Gout During the Holidays

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Enjoying the Holidays With Gout

Many gout sufferers experience painful toes and flare-ups during the holiday season, and the reason is simple: they don't watch what they eat and drink. The weather is cold, as well. Changes in the diet and overindulging in high purine foods and alcoholic beverages are well known trigger factors for a gout attack. Purine gets broken down into uric acid in the body. The toes are most often affected because the toe is one of the coolest parts of the body and the uric acid is sensitive to changes in the temperature.

How can you avoid these problems so you can enjoy Christmas and New Year's Eve? Consider the following tips:

1. Avoid the high purine foods: organ meats such as liver, heart and kidneys; ox, venison, rabbit as well as meat extracts found in stock cubes or gravies; sweetbreads; fish and shellfish –especially crab herring, mackerel, sardines, trout, shrimps, crabs, and anchovies. Other high purine foods include yeast, asparagus, cauliflower, mushrooms, as well as beans and peas.
 - Limit, or avoid the consumption of alcohol, especially red wine and beer.
 - Stay away from sugary foods that are highly processed and include high fructose corn syrup or glucose-fructose syrup. Examples include bread, yogurts, pizzas, cereals and condiments such as ketchup, mayonnaise and salad dressings.
2. Let's focus now on what you can eat. Best foods to control pain and stop attacks are minimally processed, home cooked and low content in purine. You can consume plenty of fresh fruits and vegetables – include cherries and vitamin C rich fruits (this nutrient may help reduce the levels of uric acid in the blood). Starchy vegetables such as rice, potatoes, as well as lentils, quinoa, and oats are low in purine, and rich in fibers and nutrients.
 - Low fat dairy products such as low fat yogurt and cottage cheese can also improve your uric acid levels. Don't forget to drink plenty of water, because dehydration can increase the risk of crystals forming in the joints.

Try these delicious meals this Christmas – Orange and Duck Confit Salad and Coconut Vanilla Pudding

Orange and Duck Confit Salad

It takes only 5 minutes to prepare it, serves 2. In a small bowl combine ½ tablespoon of vinegar with two table spoon fresh juiced orange, ½ tablespoon Dijon mustard, ½ tablespoon olive oil, mixing well. Add salt and pepper to taste. In a larger bowl mix ½ small duck confit leg (shredded, without skin, fat or bones), 3 cups mixed greens, 2 tablespoons chopped hazelnuts and 2 oranges (sliced). Drizzle with vinegar and serve.

Coconut Vanilla Pudding

A great desert, and takes only 10 minutes to have it ready. Yields 4 cups. In a small sauce pan combine 1 ½

cups of coconut milk with $\frac{2}{3}$ cups of sugar, $\frac{1}{3}$ cup of corn starch, one egg (optional), and 1 tablespoon vanilla. Cook over medium low heat and stir frequently to avoid clumping. After 5-8 minutes the mixture will gradually get thicker. When ready, pour in cups, add cinnamon and berries and chill in the fridge for a couple of hours. Happy Holidays!