



Low Purine Diet

What is Purine?

Purine is a product of protein breakdown that causes a high level of uric acid in your body. A high uric acid level is a risk factor for kidney stones. If your uric acid level is elevated, it is recommended that you **limit** foods high in purine.

Purine-rich Foods

Anchovies

Mackerel

Sardines

Scallops

Game meats

Organ meats (liver, kidney, heart, brain)

Meat extracts

Gravies