

## **Nutritional Therapy for Gout in the Orthopedic Setting—Managing Inflammation and Supporting Joint Health Through Diet**

Gout is a form of inflammatory arthritis caused by elevated uric acid levels, leading to painful joint flare-ups—often in the feet, ankles, knees, or hands. While medication plays a key role, nutrition is a powerful tool to help manage gout symptoms, reduce flares, and support joint health long term.



### **WHAT CAUSES GOUT?**

Gout occurs when the body produces too much uric acid or has difficulty removing it. Uric acid forms when purines—naturally found in some foods and produced by the body—are broken down. Excess uric acid can form crystals that settle in joints, leading to inflammation and pain.

### **KEY NUTRITION GOALS FOR GOUT MANAGEMENT**

#### **1. Lower Uric Acid Levels**

- Limit high-purine foods that can increase uric acid.
- Increase hydration to support uric acid excretion.
- Focus on a balanced, anti-inflammatory diet.

#### **2. Support a Healthy Weight**

- Weight management reduces joint strain and uric acid production.
- Avoid crash diets or fasting, which can worsen symptoms.

#### **3. Reduce Inflammation**

- Choose foods that support overall joint health and reduce inflammatory responses.

### **FOODS TO LIMIT OR AVOID**

- High-purine meats:** Organ meats (liver, kidneys), red meats (especially beef, lamb, pork), and game meats
- Seafood high in purines:** Anchovies, sardines, shellfish, tuna, mackerel
- Alcohol:** Especially beer and liquor, which impair uric acid excretion
- Sugary beverages:** Sodas and fruit juices high in fructose
- Highly processed foods:** Fast food, packaged snacks, and trans fats

### **FOODS TO INCLUDE**

- Low-fat dairy:** Milk, yogurt, and cheese may help lower uric acid
- Whole grains:** Brown rice, oats, whole-grain bread and pasta
- Fruits and vegetables:** Especially cherries, citrus, leafy greens, and colorful produce
- Legumes:** Lentils, beans, and soy-based products are safe protein options
- Water:** Aim for 8-12 cups per day unless otherwise directed

### **SAMPLE GOUT-FRIENDLY PLATE**

- Protein (¼ plate):** Grilled chicken, tofu, or beans
- Whole Grains (¼ plate):** Brown rice, quinoa, or whole-grain pasta
- Vegetables (½ plate):** Steamed greens, roasted carrots, broccoli
- Beverage:** Water, herbal tea, or low-fat milk

### **LIFESTYLE TIPS**

- Stay hydrated:** Helps kidneys flush out excess uric acid
- Eat consistent meals:** Avoid fasting or skipping meals
- Limit alcohol and added sugars**
- Exercise regularly:** Supports weight and joint health

### **TALK TO A REGISTERED DIETITIAN**

Nutritional therapy should be tailored to your personal health history, lab results, and lifestyle. A dietitian can help you create a sustainable plan to manage gout, reduce flares, and support your orthopedic recovery or joint health goals.

### **Want Personalized Nutrition Guidance?**

Contact our dietitians to schedule a consultation!

[www.TOA.com/nutrition-services](http://www.TOA.com/nutrition-services)

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