Foods to Avoid With Gout

- Alcohol
- Anchovies
- Asparagus
- Consommé
- Herring
- Meat Gravy
- Mincemeat
- Mushrooms
- Mussels
- Organ Meats (i.e. Liver, Kidney, Heart, Etc.)
- Sardines
- Seafoods
- Sweetbreads

Foods to Limit With Gout

- Cauliflower
- Dried Beans
- Dried Peas
- Fish
- Lentils
- Oatmeal
- Red Meats
- Spinach
- Whole Grain Cereal
- Yeast