

These foods have **HIGH** purine levels:

- Fish (including shellfish)
- Poultry
- Meat (except those with very high purine content, noted above, or those with moderately high purine levels, noted below)

These foods have **MODERATELY HIGH** purine levels:

- Asparagus
- Cauliflower
- Legumes
- Lentils
- Mushrooms
- Oatmeal
- Peas (dried)
- Soy
- Spinach
- Tripe

These foods have **LOW PURINE AND ARE YOUR BEST CHOICE:**

- Beverages (carbonated)
- Butter
- Cereals and cereal products
- Cheese (all kinds)
- Cocoa
- Corn
- Cornbread
- Eggs
- Fruit Juices
- Fruits
- Gelatin
- Ice Cream
- Milk
- Noodles
- Nuts
- Refined wheat flour
- Tapioca
- Vegetables (except those noted above)
- White bread and crackers (but not whole wheat, which is moderately high in purines)
- White rice

Are there any groups or books for me to learn more?

Arthritis Foundation

<http://www.arthritis.org>

The Purine Metabolic Patient's Association

<http://www.pumpa.co.uk>