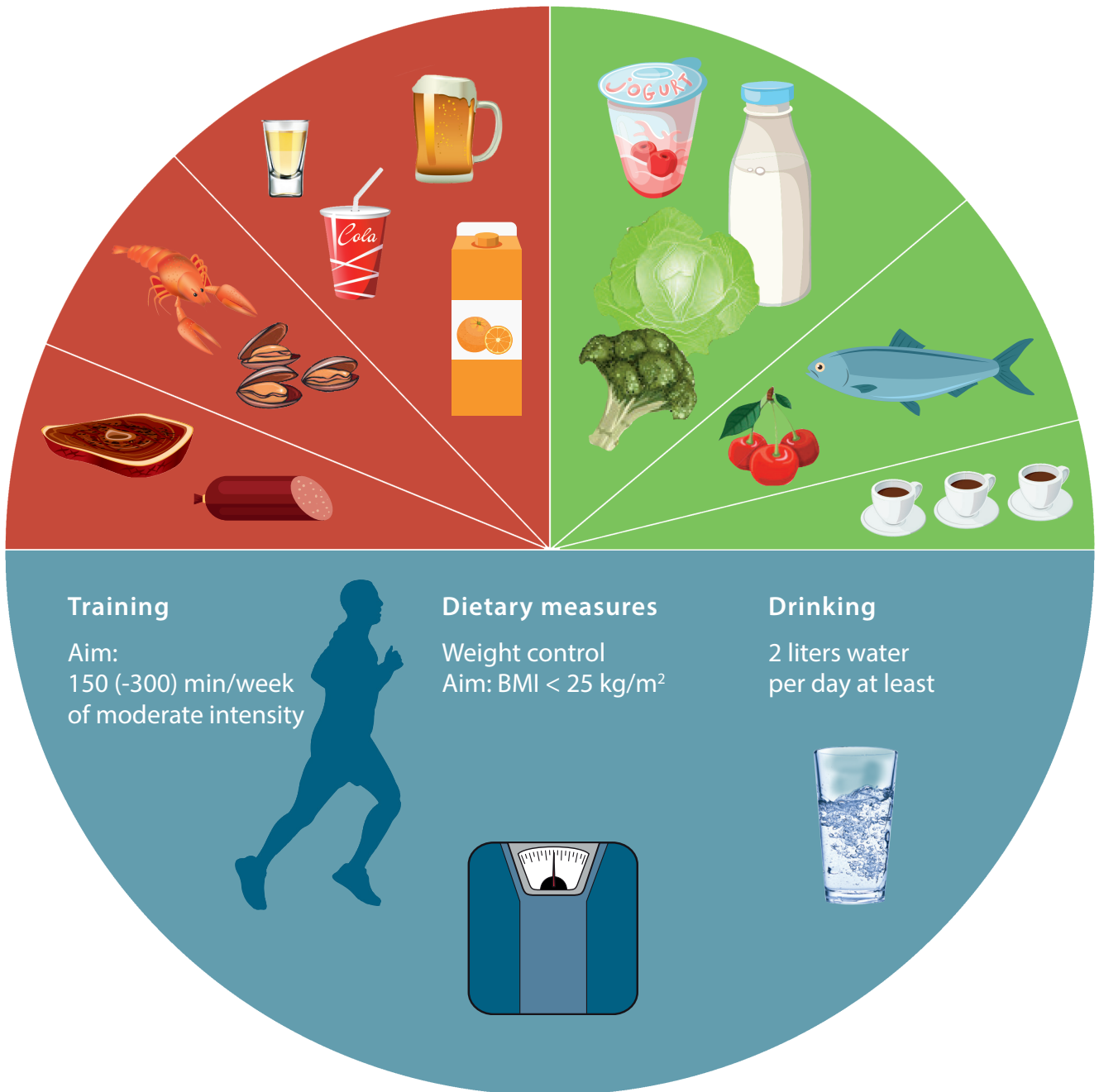


Nutrition and lifestyle recommendations for patients with gout and hyperuricemia



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1. Weight gain and obesity can lead to an increase in SUA levels and gout. In the case of adiposity, gradual weight loss (at least in men) can help lower SUA levels and thus protect against gout.
Evidence 2b (Grade B) **Level of agreement: 10**

2. Both gout and hyperuricemia are associated with cardiometabolic and renal comorbidities. Therefore, regular physical exercise/cardiovascular training (150(-300) min/week of moderate intensity) is recommended in addition to weight control and dietary measures.
Evidence 2a (Grade B) **Level of agreement: 10**

3. A healthy diet such as the Dietary Approaches to Stop Hypertension (DASH-) diet, in combination with weight reduction if the patient is overweight, can positively influence gout incidence, elevated SUA levels and cardiometabolic risk.
Evidence 2b (Grade B) **Level of agreement: 9.8**

4. Red meat, offal and sausage products can increase SUA levels and thereby increase the risk of gout. For this reason, red meat and associated products should be eaten less frequently (2x/week) and only in small quantities. The consumption of purine-rich vegetables is explicitly recommended.
Evidence: 2b (Grade B) **Level of agreement: 10**

5. Seafood (especially crustaceans and mussels) can increase SUA levels and therefore the risk of gout and should therefore be consumed sparingly. Fish is recommended for consumption on a regular basis (1-2x/per week) as part of a generally healthy diet and also to help avoid cardiovascular disease.
Evidence: 3 (Grade B) **Level of agreement: 10**

6. Drinking alcohol increases the risk of gout in a dose-dependent manner. Beer and spirits in particular should be avoided, while red wine has the least potential for increasing the risk of gout.
Evidence: 2a (Grade B) **Level of agreement: 10**

7. Sugary soft drinks, fruit juices and high-fructose foods (fruit sugars) can increase SUA levels and should therefore be avoided. Fresh fruit and fructose-free "light drinks" do not increase the risk of gout.
Evidence: 3 (Grade B) **Level of agreement: 9.8**

8. Regular consumption of (low-fat) milk/dairy products can lower SUA levels and is recommended for all gout patients.
Evidence 1b (Grade A) **Level of agreement: 9.8**

9. Regular consumption of coffee can help to lower SUA levels - in combination with proper diet and medication - and is therefore to be advocated.
Evidence: 2b (Grade B) **Level of agreement: 9.6**

10. Cherries (especially the Montmorency variety) can lower SUA levels by promoting urinary excretion. However, it is still unclear at what dose the different products (juice, concentrate, extract) yield the most desirable effect. It is possible that sour cherries in combination with allopurinol have a complementary effect.
Evidence 2b (Grade B) **Level of agreement: 9.0**

Table 2: 10 recommendations