

Dietary Factors That Influence Uric Acid Levels



Role of Fructose

- Studies indicate that high fructose consumption may increase uric acid levels in pregnant animals and humans.
- Fructose-containing fruits are highly nutritious and are not harmful. The problem is with fructose added as a sweetener, such as corn syrup, to bottled drinks, canned fruits, ice cream, desserts, and other processed foods.

Purines Produce Uric Acids As Waste Products

High-Purine Foods

- Duck
- Fish such as anchovies, haddock, sardines, mussels, herring, codfish, scallops, trout, and tuna
- Meats from organs, such as liver and kidneys
- Foods with high-fat content, such as red meats, fatty poultry (dark meats and skin), high-fat dairy products



Moderate-Purine Foods

- Sea foods such as crabs, lobster, oysters, and shrimp
- Pulses such as beans, lentils, and peas
- Cauliflower, spinach, asparagus, and mushrooms



REFERENCES:

1. Maternal fructose drives placental uric acid production leading to adverse fetal outcomes; Springer Nature
2. Low-purine diet; Familydoctor.org