



**PREMIER  
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**LOW PURINE DIET**

The following foods have **VERY HIGH** purine levels, and should be **AVOIDED!**

Anchovies	Heart	Partridge
Bouillon	Herring	Roe
Brains	Kidneys	Sardines
Broth	Liver	Scallops
Consomme	Mackerel	Shrimp
Dried Legumes	Meat Extracts	Sweetbreads
Goose	Mincemeat	Yeast
Gravy	Mussels	Yeast Extracts

These foods have **HIGH** purine levels:

Fish  
Poultry  
Meat (except those otherwise noted above or below)

These foods have **moderately high** purine levels:

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