



**PREMIER  
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DIPLOMATES  
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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		