



Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

GOUT DIET

FOODS ALLOWED

FRUIT

Fresh, cooked, or canned apricots, bananas, berries, cherries, grapes, grapefruit, oranges, peaches, pears, pineapple, and plums. Cooked apples. Fruit juices.

VEGETABLES

Beans, carrots, corn, eggplant, hominy, lettuce, white and sweet potatoes, and tomatoes.

CEREALS

All Except whole wheat cereal.

SOUPS

Milk or cream soups made from allowed vegetables, listed above.

MEAT, FISH, & POULTRY

Crisp bacon, broiled chicken, or broiled lamb chop may be eaten once or twice a week.

EGGS & CHEESE

Eggs, cooked any style. Cottage cheese.

BEVERAGES

Decaf coffee, milk, and weak tea.

MISCELLANEOUS

All nuts except peanuts. Custard and Jell-O

FOODS TO AVOID

FRUIT

Cantaloupe, raisins, raw apples, and watermelon.

VEGETABLES

Asparagus, dried beans, brussel sprouts, broccoli, cabbage, celery, cucumbers, green beans, lima beans, mushrooms, onions, peas, and spinach..

CEREALS

Whole wheat cereal.

SOUPS

Meat stock and chicken soups. Bean, split pea, and lentil soups.

MEAT, FISH & POULTRY

All fish. All meats, except previously mentioned. Duck, goose, and turkey. All canned and spiced meat. Liver and kidney.

EGGS & CHEESE

All cheese, except cottage cheese.

BEVERAGES

All alcoholic beverages, cocoa, and pop.

MISCELLANEOUS

Chocolate, condiments, gravy, jelly, jam, peanuts, and peanut butter. Cake, pie, and pastries.