

DO'S & DON'T'S IN GOUTY ARTHRITIS

ON DIET

To be Taken		To be Avoided
1	Horse Gram/Badam	Cola drinks
2	Barley	Beer
3	Coconut water	Cashew Nuts
4	Banana	All type of sea foods
5	Pineapple	Cauliflower
6	Lemon	Brinjal
7	Carrot	Black Grapes / Gooseberry
8	River fish etc.	Tomato
9	Pappaya Fruit	Pumpkin
10	Cherry Juice	Dairy products(Excess consumption)
11	Wheat, Potato, Milk, Tea (Diluted)	Red Meat etc.
		Saradane (Fish), Shell Fish, Meat(Major some of uric acid, Liver, Kidney, Brains.
		Alcohol
	Coffee	Butter, Cheese, Ghee Moderation
	Amla(Phyllanthus)	Sugar, Pickles
	Sea Food	Abundant Fluids
		7 to 8 Hours sleep.