

Uric acid -- foods that reduce it

Uric acid is the end product of purine degradation. It is catalyzed by the enzyme xanthine oxidase, which is responsible for the production of uric acid and damaging free radicals. This is a central link in the association between serum uric acid and myocardial ischemia, myocardial dysfunction and non-cardiac function, which is determined primarily by impaired peripheral blood flow.

A common form of arthritis called gout is caused by high levels of uric acid in the blood stream. To prevent gout, those susceptible to these attacks need to know how to lower their uric acid levels. The easiest and healthiest way to lower uric acid is through proper eating habits.

Generally Sea foods, red meat, and milk products tend to increase the uric acid level in the body. To reduce uric acid: simply avoid these foods. Uric acid excess can also be caused by other condition where DNA is being broken down excessively e.g. in Cancer.

Please avoid foods like fish crab lobster and take only a minimum amount of milk products. Make tomatoes a regular part of your diet.

Reduce your intake of sugared drinks. A higher intake of added sugars or sugar-sweetened drinks leads to higher blood levels of uric acid.

Drink plenty of water every day whether you feel thirsty or not. Liquids that are low in caffeine and calories help to remove uric acid from the blood stream. Since water is the most pure liquid, it should be consumed the most.

Eat fruits and vegetables that are not high in purine to reduce uric acid. Fresh fruits including blueberries, strawberries, bananas and cherries are some of the fruits gout sufferers should include in their diet. Celery, tomatoes, cabbage, parsley, kale and all green leaf vegetables are also helpful in low uric acid diets.

Avoid alcohol consumption to lower uric acid. Large amounts of alcohol, especially beer and wine, both rich in purines, increase uric acid levels. Alcohol prevents excess uric acid from being removed from the kidneys through the urinary tract.

Vitamin C may be helpful.

Maintain a healthy weight to lower uric acid. Keep in mind that dropping a significant amount of weight in a short period of time may actually induce a gout attack. Slowly reaching a healthy weight and maintaining it through proper nutrition and exercise will lower uric acid levels to help prevent gout.