

**Foods to limit (very high in purines):**

- Organ meats, such as [liver](#), [kidneys](#), sweetbreads, and brains
- Meats, including bacon, beef, pork, and lamb
- Game meats
- Any other meats in large amounts
- Anchovies, sardines, herring, mackerel, and scallops
- Gravy
- Beer

**Foods to eat occasionally (moderately high in purines, but may not raise your risk of [gout](#)):**

- Fish and seafood (other than high purine seafood)
- Oatmeal, wheat bran, and wheat germ

**Foods that are safe to eat (low in purines):**

- Green vegetables and tomatoes
- Fruits
- Breads and cereals that are not whole-grain
- Butter, buttermilk, cheese, and eggs
- [Chocolate](#) and cocoa
- Coffee, tea, and carbonated beverages
- Peanut butter and nuts

**Dairy products that may lower your risk of [gout](#):**

- Low-fat or nonfat milk
- Low-fat yogurt