

## LOWERING URIC ACID PRODUCTION

Uric acid is a break down of a form of protein called purine. When purines are broken down they form uric acid and this is excreted in the urine. When too much uric acid is produced and the urine is acidic uric acid stones form in the urinary system. High levels of uric acid in the blood can also lead to the formation of gout (a form of arthritis).

To decrease the body's production of uric acid and decrease the risk of forming uric acid stones 5 simple measures can be followed. These are:

1. Maintain a healthy weight or lose weight if you are overweight.
  2. Eat a balanced diet with a moderate amount of protein.
  3. Avoid foods high in purines.
  4. Drink plenty of fluids.
  5. Limit alcohol intake.
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1. Weight loss can be achieved by eating a balanced diet that is low in fat, high in fibre and by doing regular exercise.
  2. Eat a healthy diet with a moderate amount of protein. This means eating more cereals, pasta, bread, fruit and vegetable. Less cheese, milk, eggs and meat.
  3. Avoiding food high in purine. The following foods are high in purine and should be eaten sparingly: anchovies, brains, broth, gravy, heart, herring, kidney, liver, legumes, mackerel, meat extracts, roe, sardines, scallops, sweet bread, tripe and yeast.
  4. Drink plenty of fluids. The amount of fluid that should be drunk depends on each person's body mass. A general guide is if the urine is kept fairly clear in colour then adequate fluids are being consumed. 2 – 3 Litres per day is sufficient for the average adult.
  5. Limit alcohol intake. More than 1 can of beer or glass of wine increases the production of uric acid. Try and limit alcohol consumption to 1 to 2 standard drinks per day.