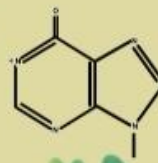


PLANT-BASED FOODS THAT MAY BE HIGH IN PURINE



Young spinach
leaves



Cauliflower



Green laver



Asparagus



Celery



Coriander



Shiitake mushroom



Dried peas
and beans



Wholegrains such as
whole oats

References

1. The Association between Purine-Rich Food Intake and Hyperuricemia; National Institutes of Health
2. All about gout and diet; UK Gout Society