

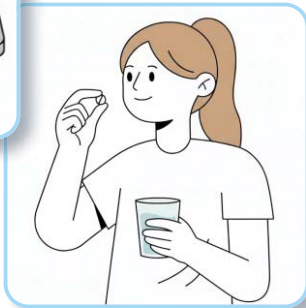


Hyperuricemia & Gout

Do's, Don'ts, Diet & Exercises



Do's & Don'ts in Hyperuricemia & Gout



Do's

- ✓ Drink Plenty of Water
2.5 to 3 liters/day
- ✓ Stay active – Regular walking, yoga or light exercise
- ✓ Maintain a healthy body weight
- ✓ Take prescribed medicines regularly
- ✓ Get adequate sleep
- ✓ Track your uric acid levels
- ✓ Wear comfortable shoes



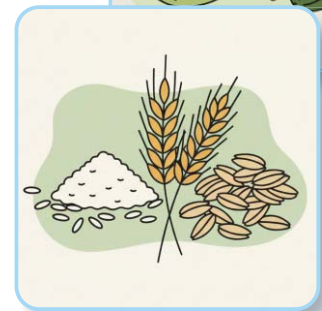
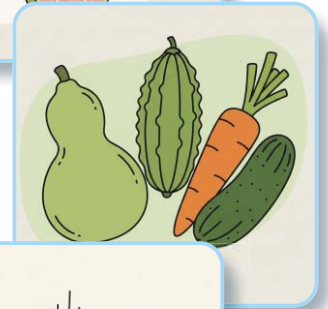
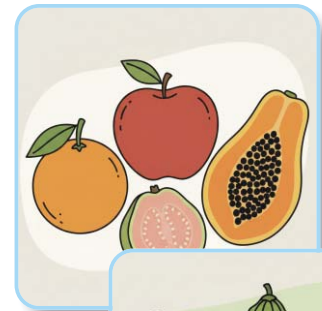
Don'ts

- ✗ Avoid alcohol
- ✗ Don't self-medicate
- ✗ Don't stop medicines suddenly
- ✗ Avoid crash diets, fasting or sudden weight loss
- ✗ Don't stay inactive
- ✗ Don't ignore dehydration
- ✗ Don't ignore recurring joint pain or swelling

Dietary Recommendation in Hyperuricemia & Gout

Foods to Eat

- ✓ Fruits (apple, papaya, orange, guava)
- ✓ Vegetables (lauki, tori, carrot, cucumber)
- ✓ Cereals (rice, wheat, oats)
- ✓ Low-fat milk, curd, paneer
- ✓ Lemon water, coconut water, green tea
- ✓ Spices: Ginger, turmeric, coriander, garlic



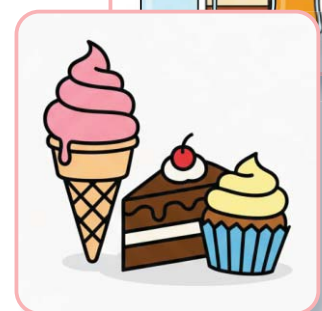
Foods to Limit

- ✗ Chicken (occasional), dal (2–3 times/week), peas, mushroom, brinjal
- ✗ Tea/coffee (1–2 cups/day)
- ✗ Fruit juices & sugary drinks (moderate)



Food to Avoid Completely

- ✗ Red Meat, seafood (anchovies, prawns, crab)
- ✗ Alcohol, especially beer
- ✗ Processed & sweetened foods, bakery yeast
- ✗ High-Fructose Corn Syrup



Exercise in Hyperuricemia & Gout



Walking

20–30 minutes/day



Yoga

Tadasana (Mountain pose),
Vrikshasana (Tree pose),
Bhujangasana (Cobra pose),
Anulom Vilom &
Deep breathing



Cycling or Stationary Biking

Avoid



High-impact Activities



Heavy Weightlifting



Contact Sports



Prolonged Sitting or Inactivity