

### Instructions for a low-purine caffeine-free diet

This diet sheet was prepared by the Purine Research Unit, St Thomas' Hospital, London, and is included in PUMPA's booklet *Caring for Children with Lesch-Nyhan Disease*.

**Important:** as so many things can affect any treatment or diet suggested, such as the patient's age, physical condition and medication, if any, you should always contact your doctor or consultant before embarking on any diet or treatment.

The instructions below apply to the collection of samples for purine investigations, but it may be helpful to patients to know which foods are rich in purines and thus should be avoided when preparing meals. Because the diet is recommended by the Purine Research Unit specifically to aid them in their investigations, adult gout sufferers should use this dietary information as a rough guide only. For a more varied diet, they should seek the advice of their regular dietician.

For purine studies it is advisable to try to eat a diet identical with your normal diet in terms of butter, fats, bread, potatoes and other vegetables, etc., but avoid the meat, fish and other food and drink outlined below with a high purine content in Section 1 and substitute a low-purine equivalent from Sections 2 and 3.

#### Section 1: Food and drinks not allowed

- Offal: sweetbreads, heart, liver, kidney and pâté
- Seafood: sardines, sprats, herring, bloaters, fish roe, trout, salmon, lobster, crab, prawns, oysters, cockles, mussels, etc.
- Vegetables: asparagus, avocados, peas, spinach, mushrooms, broad beans, cauliflower
- Soya products, pulses and legumes
- Alcoholic beverages and yeast extracts; meat or vegetable extracts (Marmite, Vegemite, Bovril, etc.)

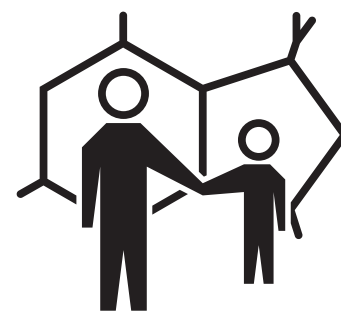
- Tea, coffee (other than decaffeinated), cocoa products such as Ovaltine, chocolate, or chocolate biscuits, chocolate puddings and Coca Cola, Pepsi Cola, or Lucozade (*note: this only refers to diet when samples are being collected for the laboratory: these foods and beverages all contain methylated xanthines, which make analysis difficult in the laboratory*)

#### Section 2: Food and drinks allowed

- Milk, cheese, eggs, butter, margarine, cream, ice cream
- Bread, flour, cakes, scones, biscuits, cereals
- Sugar, jam, marmalade, honey and sweets
- Salads (e.g. lettuce and tomato)
- Fresh, cooked or tinned fruits, nuts
- Puddings, (milk, etc.), **except** those containing chocolate or cocoa
- Decaffeinated coffee or tea
- Fruit juices, soft drinks, **except** Coca Cola, etc.

#### Section 3: Food allowed in moderation (one meal per day)

- Beef, lamb or mutton, pork, bacon, ham, poultry, sausages, tongue and meat soups
- Small helpings of vegetables (**except** those in Section 1), e.g. carrots, potatoes, leeks, cabbage, Brussels sprouts, runner and French beans, marrow, courgettes
- Fish, **except** those in Section 1



### Purine, RNA and protein content of selected foods (mg/100g)

food	adenine	guanine	anthine	xanthine	hypox- purines	RNA	protein total (%)
<b>organ meats</b>							
beef liver	62	74	61	0	197	268	20
beef kidney	42	47	63	61	213	134	18
beef heart	15	16	38	102	171	49	19
beef brain	12	12	26	112	162	61	11
pork liver	59	77	71	82	289	259	22
chicken liver	72	78	71	22	243	402	20
chicken heart	32	41	12	138	223	187	18
lamb liver	32	43	54	18	147	88	22
lamb heart	30	23	20	98	171	50	19
<b>fresh seafood</b>							
anchovies	8	185	6	212	411	341	20
clams	14	24	12	86	136	85	17
mackerel	11	26	5	152	194	203	23
salmon	26	80	11	133	250	289	23
sardines	6	118	6	215	234	343	23
squid	18	15	24	78	135	100	15
<b>canned seafood</b>							
anchovies	0	39	14	268	321	6	30
clams	30	5	7	20	52	44	20
herring	15	180	6	177	378	82	17
mackerel	23	109	16	98	246	122	26
oysters	39	22	30	16	107	239	9
salmon	23	39	13	13	88	26	26
sardines	19	95	30	255	399	590	24
shrimp	16	12	15	191	234	10	22
tuna	27	13	11	91	142	5	29
<b>dried legumes</b>							
garbanza beans (chickpeas)	17	14	18	7	56	356	21
cranberry beans	21	19	23	12	75	248	17
split peas	88	74	11	22	195	173	21
red beans	54	51	15	42	162	140	20
lentils	104	82	20	16	222	484	28
black-eye-peas	77	80	32	41	230	306	22
large lima beans	42	41	14	52	149	293	21
baby lima beans	46	39	25	34	144	190	19
pinto beans	57	54	16	44	171	485	20
small white beans	59	74	25	44	202	305	18
great northern beans	56	68	25	64	213	284	18