

# Low Purine Diet

**If your doctor requires a 24 hour urine collection for uric acid, you may be required to follow this diet for three days prior to the collection.**

## **AVOID THE FOLLOWING:**

- Organ meats (brain, kidney, liver)
- Wild game
- Poultry (chicken, duck, turkey)
- Meat (beef, lamb, pork, veal)
- Meat extracts (Bonox, Vegemite)
- Fish
- Shellfish
- Wholegrain products
- Green peas, dried legumes
- Cauliflower
- Asparagus
- Spinach
- Mushrooms
- Aspirin
- Cocoa

## **THE FOLLOWING ARE ACCEPTABLE FOR A LOW PURINE DIET:**

- Fruits
- Fruit juices
- Vegetables (except those to the left)
- Nuts
- Cereals, breads (except wholegrain products)
- Sweets
- Beverages (coffee, tea, carbonated)
- Fats
- Eggs
- Cow's milk
- Dairy products

**FOR A FULL LIST OF OUR COLLECTION CENTRES AND OPENING HOURS, VISIT [QML.COM.AU](http://QML.COM.AU)**