

Food Group	Low Purine 0-50mg purine/100g <i>Eat as desired</i>		Moderate Purine 50-150 purine/100g <i>Eat in moderation</i>		High Purine 150-825mg purine/100g <i>Avoid eating</i>	
<b>Breads, Cereals &amp; Grain Products</b>	White Bread Corn Bread Noodles/Pasta Macaroni Popcorn	Spaghetti White Rice Crackers Puddings/Custards Rice	Wheat Bread Oatmeal Wheat bran	Wheat germ Brown Rice Whole grains	Sweetbreads Yeast (Baker's and Brewer's)	
<b>Fruit</b>	All Fruits and Fruit Juices					
<b>Vegetables</b>	Most vegetables (except those noted in next column) Vegetable soups made w/o meat stock		Asparagus Cauliflower Spinach	Mushrooms Green Peas		
<b>Meats, Poultry, Fish, and Protein Foods</b>	Eggs Peanut Butter Nuts (Walnut, Almond, Peanut)		Lean Meat (beef, pork, lamb)  Poultry without skin  Tofu	Fish Shellfish (shrimp, crab, oysters, clams)	Sardines Mackerel Anchovies Herring  Organ Meats (liver, kidney, brain, heart, intestines) Meat Extracts Mincemeat	Dried beans (red bean, munggo bean, soybean, black eye peas, lentils, etc)  Mussels Scallops
<b>Milk and Milk Products</b>	All lowfat or fat free milk and dairy products Cheese					
<b>Others</b>	Carbonated beverages Chocolate Coffee and Tea	Fats and Oils Condiments Salt Olive/Pickles	Meat Soups and Broth		Beer and Alcoholic Products Gravies	