

# How Nutrition Helps Control Uric Acid Levels

*in 5 key points*

## What is hyperuricemia

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Hyperuricemia — or elevated uric acid levels in the blood — often goes unnoticed but can quietly increase the risk of gout, joint damage, kidney stones, and even cardiovascular complications over time. The good news? Nutrition plays a key role in managing uric acid and lowering these risks naturally.

Let's break down what works in your favor — and what doesn't.

## Why diet matters

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Uric acid is what's left when the body breaks down purines — compounds found in meat, seafood, alcohol, and certain sugary drinks. When purines pile up faster than your kidneys can process them, uric acid starts to accumulate in the blood, raising the risk of hyperuricemia and gout.

But food influences so much more than just those numbers on a blood test. It shapes your inner chemistry — how your kidneys work, how balanced your body's pH is, and even how your gut microbiome functions. A healthy microbiome can help neutralize excess purines and calm down inflammation from within.

The good news? Even small, consistent choices make a difference.

Eating less meat, alcohol, and sugary drinks — and more vegetables, water, dairy, and plant-based proteins — can lower uric acid by up to 10–15% naturally.

This isn't about restriction. It's about helping your body restore balance, ease inflammation, and protect your joints and kidneys for the long run.

## Food that help

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- Vegetables and leafy greens — rich in fiber, antioxidants, and low in purines. Even purine-containing vegetables (like spinach or asparagus) don't appear to raise uric acid levels.
- Low-fat dairy — may help the body excrete uric acid more efficiently.
- Fruits — especially cherries, citrus fruits, and berries; cherries in particular have been linked to fewer gout flare-ups and reduced post-exercise muscle soreness.
- Whole grains and legumes — moderate intake of beans, lentils, and tofu is generally safe and provides valuable plant protein.
- Unsaturated fats — olive oil, avocados, and nuts support heart health without adding purines.
- Water — aim for at least 2–2.5 liters per day to help the kidneys flush out excess uric acid.
- Coffee and green tea — moderate consumption is associated with a lower risk of gout.

## Risk factors

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- Red meat and organ meats (liver, kidney, sweetbreads) — high in purines that can raise uric acid levels.
- Certain seafood — anchovies, sardines, mussels, scallops, shrimp, and tuna can trigger flare-ups when eaten in excess.
- Alcohol, especially beer and spirits — interferes with uric acid elimination; if consumed, keep portions small and occasional.
- Sugary drinks and fructose syrups — promote purine production and increase uric acid.
- Highly processed foods — often rich in salt, saturated fat, and added sugars, which can worsen metabolic risk factors.

## Supplements

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- Vitamin C (500–1000 mg/day) may help reduce uric acid levels.
- Omega-3 — supports anti-inflammatory balance, helpful for gout.
- Quercetin — may promote uric acid excretion.
- Tart cherry extract — shown to reduce the frequency of gout flare-ups.

*Diet alone can lower uric acid levels by 10–15%, even without medication.*

For those with more advanced hyperuricemia, nutritional adjustments remain a powerful and essential complement to medical therapy.