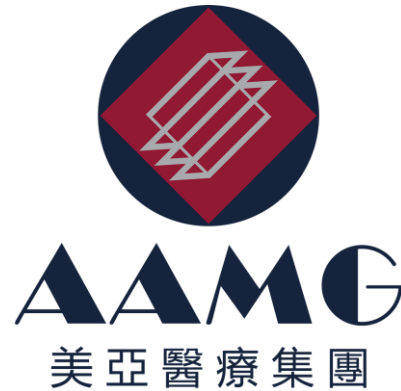


痛風患者吃甚麼？

- 低脂乳製品
- 全穀物食品
- 奧米加-3脂肪酸植物油 (橄欖油、亞麻籽油、牛油果油)
- 新鮮蔬菜
- 櫻桃
- 維他命C補充品(500-1500 毫克/天)
- 避免高果糖玉米糖漿
- 每天至少喝2-3公升(8-12杯)水
- 經常喝咖啡



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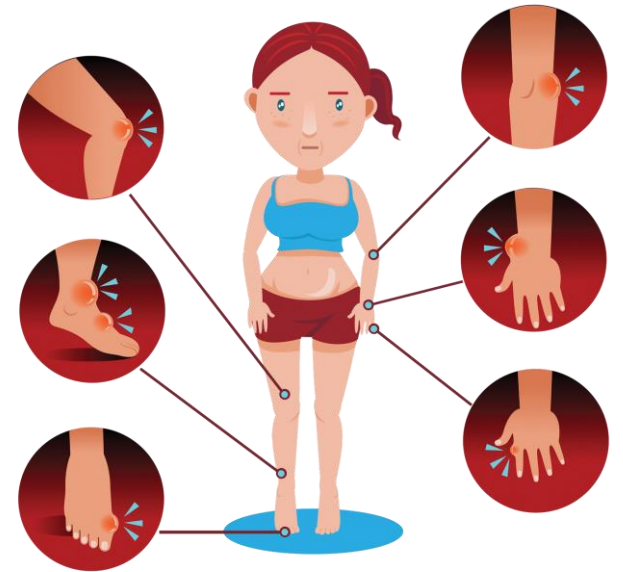
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痛風



甚麼是痛風？

痛風是一種炎性關節炎，指血液中具有高水平的尿酸。尿酸會在關節中形成針狀晶體，引起疼痛、壓痛、發紅、發熱和腫脹。



引起痛風的原因

- 暴飲暴食
- 攝入酒精過量*
- 攝入過多嘌呤食品
- 脫水
- 喝過多甜味蘇打飲料
- 感染
- 手術/嚴重疾病

*酒精過多定義為：

男性：每天超過24盎司啤酒、10盎司葡萄酒或3盎司烈酒
女性：每天超過12盎司啤酒、5盎司葡萄酒或1.5盎司烈酒

食物中的嘌呤含量

嘌呤是核酸中最重要的組成部份，又是新陳代謝過程中的一種代謝物。高嘌呤含量的食物有機會增加痛風的風險，因為它會增加身體中尿酸的水平。

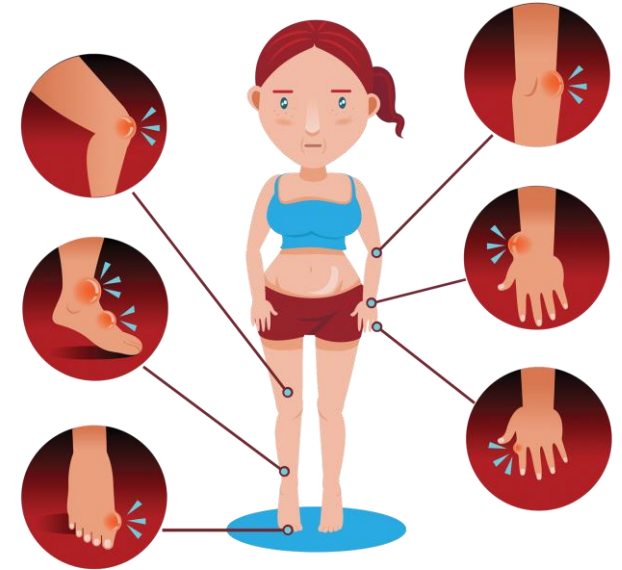
低	中等	高
<ul style="list-style-type: none">● 所有水果和果汁● 大多數蔬菜（右邊所列的蔬菜除外）● 蛋● 花生醬● 堅果（核桃、杏仁、花生等）● 低脂乳製品● 麵包和餅乾● 巧克力/可可● 起司● 牛油/人造牛油● 麵條、麵食、米飯	<ul style="list-style-type: none">● 蘆筍● 青豆● 豆（乾）● 菜花● 鰻魚● 魚● 蘑菇● 菠菜● 小麥● 全穀類● 家禽（雞、鴨）	<ul style="list-style-type: none">● 紅肉（培根、牛肉、豬肉、羊肉）● 內臟（肝、腎、心、腦）● 貝類（蝦、龍蝦、貽貝）● 鯷魚、沙丁魚、鯖魚、扇貝● 肉汁● 啤酒/醇● 酵母
		

Best Diet for Gout

- Low fat dairy products
- Whole grain foods
- Omega-3 fatty acid (olive, flaxseed, avocado)
- Fresh vegetables
- Cherries
- Vitamin C supplement (500-1500 mg/day)
- Limited high fructose syrup
- Water (aim to drink 8-12 cups per day)
- Coffee



All About Gout



All American Medical Group

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What is GOUT?

Gout is a form of arthritis with high levels of uric acid in the blood. Uric acid can form needle-like crystals in joints that cause pain, tenderness, redness, fever, and swelling.



Triggers of GOUT

- Excessive eating
- Excessive alcohol*
- Too much high purine foods
- Dehydration
- Sodas and other sugary drinks
- Infection
- Surgery / Severe illness

*Excessive alcohol is defined as -

Men: More than 24 oz of beer, 10 oz of wine or 3 oz of liquor per day

Women: More than 12 oz of beer, 5 oz of wine or 1.5 oz of liquor per day

Purine Content in Foods

Purines are the building blocks of all living things and are a type of chemical compound found in foods and drinks that are a part of normal diet. High purine foods may increase the risk of gout because it could potentially increase the level of uric acid in the body.

Low	Moderate	High
<ul style="list-style-type: none"> ● All fruits and fruit juices ● Most vegetables (except those that are listed in the next column) ● Eggs ● Peanut butter ● Nuts (walnuts, almonds, peanuts, etc.) ● Low fat dairy products ● Bread & Crackers ● Chocolate/Cocoa ● Cheese ● Butter/ Margarine ● Noodles, pasta, rice 	<ul style="list-style-type: none"> ● Asparagus ● Green peas ● Beans (dried) ● Cauliflower ● Eel ● Fish ● Mushrooms ● Spinach ● Wheat ● Whole grains ● Poultry (chicken, duck) 	<ul style="list-style-type: none"> ● Red meats (bacon, beef, pork, lamb) ● Organ meats (liver, kidney, heart, brain) ● Shellfish (shrimp, lobster, mussels) ● Anchovies, sardines, mackerels, scallops ● Commercial gravy ● Beer/alcohol ● Yeast
