DOES MEAT RAISE YOUR RISK OF GOUT?

IN 47,150 MEN, THE BIGGEST MEAT EATERS HAD 41% MORE.

41% higher gout risk in men who ate the most meat; 51% higher for the most seafood (47,150 men, 12 years). Purine-rich vegetables were not linked to gout.

Choi et al. · New England Journal of Medicine · 2004 [1]

WHAT DID THEY COMPARE?

- **Meat and seafood eaters**
- **Vegetarians**
- **Purine-rich vegetables: no added risk**

These are long-term observational studies, not trials.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could eating less meat and seafood help prevent my gout attacks?** [1,2]
2. **Can we recheck my uric acid in 3 months if I change my diet?**
3. **Should I stay on my gout medication while I try this?**

39–67% lower gout risk in vegetarians, in two Taiwanese studies of nearly 14,000 people combined.

Chiu et al. · Clinical Nutrition · 2020 [2]

Work with your doctor, not around them. Never stop a medication on your own.

BOTTOM LINE Less meat, less gout. A strong, consistent link. No diet trial yet.

MORE OF THE EVIDENCE

- In 47,150 men followed for 12 years, those who ate the most meat had a 41% higher risk of gout, and those who ate the most seafood had a 51% higher risk. Vegetables high in purines were not linked to more gout. [1]
- In two Taiwanese studies of nearly 14,000 people combined, vegetarians had a 39% to 67% lower risk of gout. [2]

Keep in mind: These studies show a link, not proof of cause.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Choi HK, et al. New England Journal of Medicine, 2004. Purine-rich foods, dairy and protein intake, and the risk of gout in men. https://pubmed.ncbi.nlm.nih.gov/15014182/

[2] Chiu THT, et al. Clinical Nutrition, 2020. Vegetarian diet and risk of gout in two separate prospective cohort studies. https://pubmed.ncbi.nlm.nih.gov/30955983/

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