

PURINE CONTENT TABLE

Food Item	Purine Content (mg/100g)	Safety Level	Portion Guidance
Meat			
Liver (beef/mutton)	250-300	✗ Avoid	None recommended
Kidney	200-250	✗ Avoid	None recommended
Beef/Mutton	120-150	⚠ Limit	Max 50-75g, 1-2x/week
Chicken breast	110-140	⚠ Limit	100-150g, 2-3x/week
Chicken thigh	120-150	⚠ Limit	75-100g, 2-3x/week
Turkey	100-120	⚠ Moderate	100-150g
Seafood			
Anchovies	411	✗ Avoid	None recommended
Sardines	345	✗ Avoid	None recommended
Mackerel	194	✗ Avoid	None recommended
Prawns	147	⚠ Limit	Max 50g occasionally
Salmon	100-120	⚠ Moderate	100-125g, 2x/week
Rohu fish	80-100	✓ Safe	150-200g
Catla fish	75-95	✓ Safe	150-200g
Legumes & Dals			
Rajma (kidney beans)		✓ Safe	1 cup cooked
Chana (chickpeas)		✓ Safe	1 cup cooked

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Moong dal	50-60	✓ Safe	1 cup cooked
Masoor dal	60-75	✓ Safe	1 cup cooked
Toor dal	50-65	✓ Safe	1 cup cooked
Soy products (tofu)	60-70	✓ Safe	100-150g
Vegetables			
Spinach	57	✓ Safe	1-2 cups cooked
Mushrooms	92	✓ Moderate	½-1 cup
Cauliflower	51	✓ Safe	1-2 cups
Green peas	50	✓ Safe	1 cup
Bottle gourd	15-20	✓ Safe	Unlimited
Ridge gourd	10-15	✓ Safe	Unlimited
Tomatoes	11	✓ Safe	Unlimited
Carrots	8	✓ Safe	Unlimited
Cucumbers	7	✓ Safe	Unlimited
Bell peppers	10	✓ Safe	Unlimited
Dairy			
Whole milk	0-3	✓ Safe	1-2 cups

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Low-fat yogurt	0-2	✓ Safe	1-2 cups
Paneer	0-3	✓ Safe	75-100g
Eggs	5-10	✓ Safe	1-2 daily
Grains			
Brown rice	10-15	✓ Safe	1-2 cups cooked
Whole wheat	25-30	✓ Safe	2-3 rotis
Oats	30-40	✓ Safe	1 cup cooked
Fruits			
Cherries	15-20	✓ Safe	1 cup
Apples	14	✓ Safe	1-2 medium
Bananas	7	✓ Safe	1-2 medium
Oranges	19	✓ Safe	1-2 medium
Papaya	12	✓ Safe	1-2 cups
Watermelon	8	✓ Safe	2-3 cups
Pomegranate	15	✓ Safe	½-1 fruit

Legend:

- ✓ Safe: Low purine (0-100 mg/100g)
- ⚠ Limit/Moderate: Medium purine (100-200 mg/100g)
- ✗ Avoid: High purine (200+ mg/100g)