

HYPERURICEMIA - Diet in high uric acid levels in the blood

Hyperuricemia is high levels of uric acid in the blood. Uric acid is the final product of purines (protein containing components of DNA) metabolism in humans. This overload of uric acid leads to the formation of tiny crystals of urate that deposit in tissues of the body, especially joints and kidneys. When crystals form in the bone joints, it causes recurring attacks of joint inflammation (arthritis). Deposition in kidneys can lead to stones. Many factors contribute to hyperuricemia, including: family history, insulin resistance, hypertension, renal problems, obesity, unhealthy diet, use of diuretics, and consumption of alcohol.

Symptoms are:

- You may or may not have any symptoms.
- Pain, swelling and redness of joints.
- Pain in the back and / or flank due to formation of uric acid crystals.

Treatment of hyperuricemia requires nutrition therapy and lifestyle modifications.

Customized diet plans, regular health assessment, and a healthy diet for high uric acid are the basics required to control and prevent future complications.

Diet in high uric acid involves following dietary approaches:

- Complete restriction of sweet breads, yeast, liver, kidney and meat extracts
- Moderate restriction of meat, chicken, fish, prawns, crab, oatmeal, spinach, beans and lentils
- No restriction on fruits, vegetables, eggs, low fat milk, nuts and cereals.