# The Dalmatian Club of America
## Purine-Yielding Foods

### Foods HIGHEST in Purines
- anchovies
- brains
- kidney, beef
- game meats (venison, etc.)
- gravies
- herring (including roe)
- liver (calf or beef)
- mackerel
- meat extracts
- mussels
- sardines
- scallops
- yeast

### Foods MODERATELY HIGH in Purines
- asparagus
- bacon
- breads & cereals, whole grain
- cauliflower
- eel
- fish (fresh & saltwater)
- legumes (kidney beans, navy & lima beans, lentils, peas)
- meat (beef, lamb, pork, veal)
- meat soups & broths
- mushrooms
- oatmeal
- peas, green
- pork (including ham)
- poultry (chicken, duck, turkey)
- shellfish (crab, lobster, oysters)
- spinach
- tongue
- tripe
- wheat germ & bran

### Foods LOWEST in Purines
- beverages (coffee, tea, sodas, cocoa)
- butter
- bread & cereal (except whole grain)
- cheese
- eggs
- fats
- fish roe (including caviar)
fruits & fruit juices
gelatin
milk (including butter, condensed, malted)
nuts (including peanut butter)
pasta (evaluate sauce ingredients separately)
sugars, syrups, sweets
vegetables (except those listed in previous categories)
vegetable & cream soups (made with acceptable vegetables, but not with beef stock)

Study Group on Urinary Stones
Research Committee
Dalmatian Club of America
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Please submit your comments, requests and suggestions to
The Dalmatian Club of America

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