

PURINES IN FOOD

HIGHEST IN PURINES (400mg / 3.5 oz OR HIGHER)

Theobromine – 2300

Brewer's Yeast – 1810

Calf's Neck Sweet Bread – 1260

Smoked Sprat – 804

Sheep's Spleen – 773

Baker's Yeast – 680

Ox Liver – 554

Pig's Heart – 530

Pig's Spleen – 516

Pig's Liver - 515

Boletus Mushrooms, Dried – 488

Sardines, in Oil – 480

Calf's Liver – 460

Ox Spleen – 444

Pig's Lungs (lights) – 434

NEXT HIGHEST IN PURINES (100 to 399mg / 3.5 oz)

Ox Lungs (lights) – 399

Sardine, Pilchard – 345

Calf's Spleen - 343

Pig's Kidney – 334

Fish, Trout – 297

Fish, Tuna (in oil) – 290

Ox Kidney – 269

Fish, Tuna – 257

Ox Heart – 256

Chicken Liver – 243

Sheep's Heart - 241

Fish, Redfish (Ocean Perch) – 241

Fish, Anchovy – 239

Black Gram (Mungo Bean), Dry – 222

Fish, Herring (Matje), Cured – 219

Calf's Kidney – 218

Fish, Herring (Atlantic) – 210

Horse Meat – 200

Fish, Herring (roe) – 190

NEXT HIGHEST IN PURINES CONTINUED

Bean, Soya (dry) – 190

Lamb (muscle only) – 182

Fish, Halibut – 178

Chicken, Breast (with skin) – 175

Veal (muscle only) – 172

Fish, Salmon – 170

Poppy Seed, Dry – 170

Pork (muscle only) – 166

Sausage, Liver (liverwurst) - 165

Goose – 165

Fish, Saithe (Coalfish) – 163

Fish, Carp – 160

Ox Tongue – 160

Pork Leg (hind leg) – 160

Chicken, Boiling Fowl – 159

Turkey (with skin) – 150

Pork Fillet – 150

Pork Shoulder (with skin) – 150

Veal, Knuckle (with bone) – 150

NEXT HIGHEST IN PURINES CONTINUED

Veal, Leg (with bone) – 150

Veal, Neck (with bone) – 150

Shrimp, Brown - 147

Calf's Lung – 147

Fish, Mackerel – 145

Pork, Chop (with bone) – 145

Caviar (real) – 144

Fish, Pike – 140

Sunflower Seed (dry) – 143

Pork, Chuck – 140

Veal, Shoulder – 140

Veal, Fillet – 140

Veal, Chop (cutlet with bone – 140

Fish, Haddock – 139

Duck – 138

Venison, Haunch (leg) - 138

Scallop – 136

Pig's Tongue – 136

Beef (muscle only) - 133

NEXT HIGHEST IN PURINES CONTINUED

Fish, Sole – 131

Rabbit (with bone) - 132

Ham (cooked) – 131

Bean, White (dry) - 128

Pork, Belly (smoked/dried) – 127

Lentils (dried) – 127

Beef, Chuck – 120

Beef, Fore Rib (entrecote) - 120

Pork, Hip Bone (hind leg) – 120

Lobster – 118

Chicken, Roasted – 115

Sausage (Jagdwurst) – 112

Mussel – 112

Beef, Roast Beef (Sirloin) – 110

Beef, Fillet - 110

Chicken, Leg (with skin/without bone) – 110

Beef, Shoulder – 110

Fish, Pike-Perch – 110

Fish, Cod – 109

NEXT HIGHEST IN PURINES CONTINUED

Peas, Chick (Garbanzo), Dry – 109

Rabbit/Hare – 105

Flaxseed (Linseed) – 105

Raisins, Sultana – 107

Venison, Back – 105

Sausage, Salami (German) – 104

Sausage, Pork (fried) – 101

Pork Belly – 100

LOWEST IN PURINES (100mg / 3.5 oz OR LESS)

Barley, Pearled – 96

Peas (dried) – 95

Oats (whole grain) – 94

Mushroom, Boletus (flat/edible) – 92

Pea, Green (pod & seed) – 84

Broccoli – 81

Soya Bean (sprouts) – 80

Nuts, Peanut – 79

Artichoke – 78

LOWEST IN PURINES (100mg / 3.5 oz OR LESS)

Leek – 74

Apricot – 73

Brussel's Sprouts – 69

Tofu – 68

Chives – 67

Fig, Dried – 64

Plum, Dried – 64

Millet – 62

Sesame Seed, Dry – 62

Mushroom - 58

Banana – 57

Spinach – 57

Parsley – 57

Bell Pepper, Green – 55

Corn, Sweet – 52

Rye, Whole Grain – 51

Wheat, Whole Grain – 51

Cauliflower – 51

Kale - 48

LOWEST IN PURINES (100mg / 3.5 oz OR LESS)

Beans, French (dried) – 45

Pumpkin – 44

Lamb's Lettuce (Corn Salad) – 38

Nut, Hazelnut – 37

Nut, Almond – 37

Cabbage, Savoy – 37

Beans, French (string beans) – 37

Date, Dried – 35

Elderberry, Black – 33

Melon, Cantaloupe – 33

Cabbage, Red - 32

Mushroom, Morel – 30

Celeriac – 30

Bamboo Shoots – 29

Olive, Green (marinated) – 29

Mushrooms (canned) - 29

Water Cress – 28

Grape – 27

Nut, Walnut – 25

LOWEST IN PURINES (100mg / 3.5 oz OR LESS)

Kohlrabi – 25

Plum – 24

Squash, Summer - 24

Nuts, Brazil – 23

Asparagus – 23

Bilberry, Blueberry, Huckleberry – 22

Cabbage, White - 22

Eggplant – 21

Peach – 21

Strawberry – 21

Napa Cabbage – 21

Avocado – 19

Kiwi – 19

Pineapple – 19

Beet, Root – 19

Orange – 19

Potato, (cooked with skin) – 18

Raspberry – 18

Carrot – 17

LOWEST IN PURINES (100mg / 3.5 oz OR LESS)

Endive – 17

Currant, Red – 17

Mushrooms, Chanterelle – 17

Cherry, Morello - 17

Gooseberry - 16

Potato (no skin) – 16

Radish – 15

Apple – 14

Fennel (leaves) – 14

Lettuce – 13

Onion – 13

Radish – 13

Pear – 12

Rhubarb – 12

Chicory - 12

Tomato – 11

Cucumber – 7.3

Cherry, Sweet – 7.1

¹ Grahame, R. *Gout: The 'At Your Fingertips Guide'*
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