

SINGAPORE

Gout sufferers can eat soy, legumes: NUS study

POSTED: 06 May 2015 23:31

People who suffer from gout are often told to avoid certain high-protein foods, but a new study by the National University of Singapore challenges these claims.

PHOTOS

VIDEOS



File photo of a tofu dish. (Photo: JUNG YEON-JE / AFP)

CAPTION

SINGAPORE: People who suffer from gout are often told to avoid certain high-protein foods, but a new study by the National University of Singapore (NUS) found that it is okay for gout sufferers to eat soy products and legumes – such as peas and beans.

Gout is caused by too much uric acid in the blood. Eating foods high in a substance called purine raises uric acid levels, and in turn, the risk of gout. These foods include poultry, shellfish and – until recently – soy products and legumes.

The NUS study examined the diets of about 63,000 Chinese adults in Singapore above the age of 40. It found that eating soy products like tofu did not increase uric acid levels. And contrary to popular belief, there is no harm in eating plant-based proteins.

NUS said this study is significant as there is a lot of misinformation about high purine foods. It hopes to clarify the true relationship between diet and gout.

"We can now tell our patients or people with high uric acid levels that there is no need to control or restrict the intake of soy food, legumes, nuts and seeds products," said Dr Teng Gim Gee, Senior Consultant, Division of Rheumatology at the National University Hospital. "In addition, we would still emphasise that meat intake should be reduced because we have also shown, like other studies, that meat intake does increase the risk of gout."

- CNA/dl