

Gout Haters Cookbook I, Recipes Lower in Purines and Lower in Fat - A great starter book for the Gout Haters Cookbook collection. Book I features the modified purine diet, which is consistent with the diet typically provided by dietitians for persons suffering from gout. When you begin to control your diet with healthier eating, you are not only helping your body fight future attacks of gout, you are helping to fight other health problems as well. The recipes in Gout Haters Cookbook I avoid foods that are high in purines as well as fats. They are designed to help you on your way to lowering uric acid levels with delicious, healthy eating. This cookbook features comprehensive lists of foods lower, relatively high and highest in purines. Designed specifically for persons suffering from gout. Includes recent research information concerning how different aspects of the diet (high purine vegetables, meat, seafood and dairy intake) affect the risk of gout. Consisting of 104 pages and over 90 recipes, this book offers a wide variety in cuisine. Sections contain: Appetizers, Beverages, Main Dishes, Sides, Sauces and Desserts. Includes Quick Snacks and Small Change, Big Difference suggestions. Fourth Edition, Revised.

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