

LOW PURINE DIET CHART

SAMPLE MENU

Early Morning

Tea 1 Cup
Biscuit 1

Breakfast

Skimmed Milk 200ml or Curd 200g
Bread 1 pc or Chapati 1 or Cornflakes 1 Katori
Vegetable 1 Katori (No Fruit)
Egg White 1 (No Butter)

Mid Morning

Fruit 1 (Avoid Juice)

Lunch

Salad 1 Plate
Rice 1 Serving or Chapati 1
Vegetable 1 Katori
Curd 200g
Washed Dal 1 Katori or Paneer 40 g
No Fruit

Evening Tea

Tea 1 Cup
Poha 1 Katori or Seviyan 1 Katori or Biscuit 1

Dinner

Vegetable Soup 1 Cup
Salad 1 Plate
Chapati 1
Vegetable 1 Katori

Bed Time

Milk 200 ml