

Sample menu

Here's what you might eat during a typical day on a gout diet.

Breakfast

- Whole-grain, unsweetened cereal with skim or low-fat milk
- 1 cup fresh strawberries
- Coffee
- Water

Lunch

- Roasted chicken breast slices (2 ounces) on a whole-grain roll with mustard
- Mixed green salad with vegetables, 1 tablespoon nuts, and balsamic vinegar and olive oil dressing
- Skim or low-fat milk or water

Afternoon snack

- 1 cup fresh cherries
- Water

Dinner

- Roasted salmon (3 to 4 ounces)
- Roasted or steamed green beans
- 1/2 to 1 cup whole-grain pasta with olive oil and lemon pepper
- Water
- Low-fat yogurt
- 1 cup fresh melon
- Caffeine-free beverage, such as herbal tea



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