

RUCHI GURNANI · NUTRITIONIST

5 days for high uric acid

Uric acid is waste. The kidney flushes it. Trouble starts when you make more than it can flush. Five days to cut what makes it and help what flushes it. Dal stays.

Swipe 👉

Read this first

The old advice was "stop dal, stop rajma, stop palak". The big study that followed 47,000 men for twelve years found **dal and vegetables did not raise the risk at all.** Meat, seafood, beer and sugary drinks did.

So this plan does not take your dal away. It takes away the cold drink, the beer and the daily mutton, and it adds water and curd.

Each day adds one thing. Keep the earlier days going as you add the next.

THE ONE RULE

No sugary drink of any kind this week.
Fructose turns into uric acid inside the body faster than anything on a plate.

1

READ YOUR REPORT

THE NUMBER

Write the **uric acid** value and the date. Above 7 for women or 8.6 for men is high on most labs. Your lab prints its own range beside it; that one wins.

CREATININE

If it is on the same page, write it too. High uric acid with a **rising creatinine** is a doctor's file, not a plate. Book the appointment first, then start the plan.

THE SCALE

Weigh yourself and write it. The target is **two kg a month, never faster**. Crash dieting pushes uric acid up and can start an attack.

LAST WEEK

Count: cold drinks, beers, mutton or kaleji meals. Those three numbers are the week's work.

2

THE WATER DAY

**HOW
MUCH**

Two and a half to three litres, spread out. A glass on waking, one with every meal, one at 4 pm, one at 8 pm. Not a bottle in one go.

LUNCH

A glass of **chaas**, plain, with jeera and a little salt.

4 PM

Nimbu pani without sugar. Coconut water on hot days.

OUT

Cold drink, packet juice, fresh juice, sweet lassi, sharbat, energy drink. Every one is fructose. The men who drank two a day had double the gout of the men who drank none.

3

THE PROTEIN DAY

EVERY DAY **Dal, rajma, chana, moong, paneer, curd, eggs.** All fine, all week. The "no dal" advice was never backed by the studies.

TWICE A WEEK Mutton, kaleji, keema, prawns and other seafood. **At lunch, one katori,** never at dinner. These are the ones the studies flagged.

MIDDLE Chicken. Three times a week is fine. Grilled or in a curry, not fried.

CURD A katori with lunch and with dinner. Milk and curd help the kidney flush uric acid out. The same big study found dairy eaters had the least gout.

4

THE DRINKS DAY

BEER

Out for the month. Beer raised gout risk more than any other drink in the twelve-year study, one bottle a day, half again the risk.

WHISKY, WINE

One drink, two days a week at most. Never on an empty stomach, never with a mutton dinner.

DRY DAYS

At least four a week. Alcohol slows the kidney's flush and adds to the acid at the same time.

COFFEE, CHAI

Both stay. **Coffee, one or two cups, lowers uric acid** a little in the studies. Sugar out of both.

5

THE PLATE

LUNCH, DINNER

One katori **dal**, one katori **sabzi**, two rotis or a katori rice, salad, a katori of **curd**. Same shape both meals.

4 PM

A whole fruit. **Cherries or strawberries** when in season, they were linked to fewer attacks. Otherwise any fruit. Never juice.

FASTING

Vrat day? Eat the fruit, the curd and the sabudana. A full fast pushes uric acid up and is a known trigger for an attack.

3 MONTHS

Retest. Take the Day 1 number with you. A drop of one point is a plate that is working.

A RED, HOT, SWOLLEN TOE AT NIGHT

That is a gout attack. Doctor the same day. The plate prevents the next one. It does not treat this one.

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Uric acid is one part. Your plan is the rest.



I write that plan for you. Your reports, your routine, what you actually eat. Three plans of ten days each, so it changes as you change.

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