NutriCentury | Gout Food Chart

Condition: Gout
Generated: 2026-11-28
Website: https://nutricentury.com/en/gout/
Methodology: https://nutricentury.com/en/data-methodology-sources/
UNKNOWN means no displayable value.
Use this document as a data reference. It does not replace medical care.

Apple | raw-with-skin
Purine: 6 mg per 100 g as reported REFERENCE [1]
Purine Direkt record 252 reports general apple. Skin, preparation, edible-portion basis, and analytical method are unspecified. The raw-with-skin mapping is for Reference use only.
Total sugars: 10.39 g per 100 g edible portion [2]
Dietary fiber: 2.4 g per 100 g edible portion [2]
Calories: 52 kcal per 100 g edible portion [2]

Avocado | raw, flesh, all commercial varieties
Purine: 18.4 mg per 100 g as reported REFERENCE [3]
Table 8 leaves the sampled part blank and does not specify preparation, cultivar, or edible-portion basis for this row. Raw-flesh mapping is provisional and for Reference use only. 21.8 mg/100 g is a separate calculated uric-acid equivalent.
Total sugars: 0.66 g per 100 g edible portion [4]
Dietary fiber: 6.7 g per 100 g edible portion [4]
Calories: 160 kcal per 100 g edible portion [4]

Banana | raw, without peel
Purine: 3.0 mg per 100 g as reported REFERENCE [5]
REFERENCE only. Kaneko et al. (2014), Table 2 Banana 3.0 mg/100 g. Sampled part and edible-portion basis unspecified. Narrative text reports banana 2.1 mg/100 g, conflicting with Table 2; owner explicitly approved Table 2 value with conflict retained.
Total sugars: 12.23 g per 100 g edible portion [6]
Dietary fiber: 2.6 g per 100 g edible portion [6]
Calories: 89 kcal per 100 g edible portion [6]

Blueberry | raw
Purine: 10 mg per 100 g as reported REFERENCE [7]
Purine Direkt record 263 reports 10 mg purines per 100 g for blueberries. Species, preparation, sampled part, edible-portion basis and analytical method are unspecified. Owner-selected REFERENCE. The separate uric-acid equivalent is 25 mg/100 g.
Total sugars: 9.96 g per 100 g edible portion [8]
Dietary fiber: 2.4 g per 100 g edible portion [8]
Calories: 57 kcal per 100 g edible portion [8]

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Raspberry | raw
Purine: 8 mg per 100 g as reported REFERENCE [9]
Purine Direkt record 264 reports 8 mg purines per 100 g for raspberries. Species, preparation, sampled part, edible-portion basis and analytical method are unspecified. Owner-selected REFERENCE. The source lists 20 mg/100 g separately in its uric acid column.
Total sugars: 4.42 g per 100 g edible portion [10]
Dietary fiber: 6.5 g per 100 g edible portion [10]
Calories: 52 kcal per 100 g edible portion [10]

Strawberry | raw
Purine: 2.1 mg per 100 g as reported REFERENCE [3]
Kaneko et al. (2014), Table 2 reports 2.1 mg total purines per 100 g. Sampled part, preparation and edible-portion basis are unspecified. The narrative instead reports 3.0 mg/100 g for strawberry. The owner selected the table value as Reference. The separate calculated uric-acid equivalent is 2.4 mg/100 g.
Total sugars: 4.89 g per 100 g edible portion [11]
Dietary fiber: 2 g per 100 g edible portion [11]
Calories: 32 kcal per 100 g edible portion [11]

Sources & References

[1] Purine Direkt
https://purine-direkt.de/index.php?r=food-purin%2Fview&id=252

[2] USDA Agricultural Research Service FoodData Central / SR Legacy
https://fdc.nal.usda.gov/food-details/171688/nutrients

[3] Total Purine and Purine Base Content of Common Foodstuffs for Facilitating Nutritional Therapy for Gout and Hyperuricemia
https://www.jstage.jst.go.jp/article/bpb/37/5/37_b13-00967/_html/-char/en

[4] USDA Agricultural Research Service National Nutrient Database for Standard Reference
https://www.ars.usda.gov/ARSUserFiles/80400525/Data/SR27/reports/sr27fg09.pdf

[5] Total Purine and Purine Base Content of Common Foodstuffs for Facilitating Nutritional Therapy for Gout and Hyperuricemia
https://www.jstage.jst.go.jp/article/bpb/37/5/37_b13-00967/_html

[6] USDA Agricultural Research Service FoodData Central / SR Legacy
https://fdc.nal.usda.gov/food-details/173944/nutrients

[7] Purine Direkt
https://www.purine-direkt.de/index.php?_lang=de&id=263&r=food-purin%2Fview

[8] USDA Agricultural Research Service FoodData Central
https://fdc.nal.usda.gov/fdc-app.html#/food-details/171711/nutrients

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[9] Purine Direkt
https://purine-direkt.de/index.php?id=264&r=food-purin%2Fview

[10] USDA Agricultural Research Service FoodData Central
https://fdc.nal.usda.gov/food-details/167755/nutrients

[11] USDA Agricultural Research Service FoodData Central
https://fdc.nal.usda.gov/food-details/167762/nutrients