

## Low Purine Diet Chart

Early Morning- Tea: 1 cup

Biscuits: 2

Breakfast- Skimmed Milk: 200ml / Curd: 200g

Bread: 3 pieces / Chapati: 2 / Cornflakes: 2 and a half bowls

Vegetable: 1 Bowl

Egg White: 1

Mid-Morning- Fruit: 1 / Fruit Juice: 1 glass

Lunch- Salad: 1plate

Rice: 2 / Chapati: 2

Vegetable: 1bowl

Curd: 200gm / Dal(washed): 1bowl /Cheese: 40gm

Evening Tea- Tea: 1cup

Dinner- Vegetable Soup: 1-2 cup

Salad: 1 Plate

Chapati: 2

Washed Dal: 1Bowl

Vegetable: 1Bowl

Bed Time- Skimmed Milk: 200gm