

Low glycemic index diet linked to drop in uric acid levels

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(HealthDay)—Reducing the dietary glycemic index is associated with a

reduction in uric acid levels among overweight and obese adults, according to a study published in the May issue of *Arthritis & Rheumatology*.

Stephen P. Juraschek, M.D., Ph.D., from the Johns Hopkins University School of Medicine in Baltimore, and colleagues conducted a randomized trial of four different diets in 163 [overweight](#) or [obese adults](#) without cardiovascular disease. Over a five-week period, participants consumed each of four diets: high glycemic index with high percentage of carbohydrates; low glycemic index with low percentage of carbohydrates; low glycemic index with high percentage of carbohydrates; and high glycemic index with low percentage of carbohydrates. The diets were separated by a two-week washout period.

The researchers found that reducing the glycemic index correlated with reduced uric [acid levels](#) when the percentage of carbohydrates was low or high (-0.24 mg/dL and -0.17 mg/dL, respectively; both P

"Reducing the glycemic index lowers [uric acid](#) levels," the authors write. "Future studies should examine whether reducing the glycemic index can prevent gout onset or flares."

Food for the study was contributed by The Almond Board, the International Tree Nut Council, Olivio Premium Products., and The Peanut Institute.

More information: [Abstract](#)
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