DASH diet reduces serum uric acid in prehypertension

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(HealthDay)—Among adults with prehypertension or stage I

hypertension, following the Dietary Approaches to Stop Hypertension (DASH) diet lowers serum uric acid (UA), according to a study published online Nov. 28 in *Arthritis & Rheumatology*.

Stephen P. Juraschek, M.D., Ph.D., from Johns Hopkins University in Baltimore, and colleagues conducted an ancillary study of a randomized crossover feeding trial in 103 adults with prehypertension or stage I hypertension. Participants were randomized to receive either the DASH diet or a control diet that was typical of an average American diet. They were further fed low, medium, and high levels of sodium for 30 days. At baseline and following each feeding period, serum UA level were measured.

The researchers found that serum UA was reduced with the DASH diet (−0.35 mg/dL), with a higher effect for those with a baseline serum UA level of ≥7 mg/dL (−1.29 mg/dL). Increasing sodium intake from the low level correlated with a reduction in serum UA during the medium and the high sodium intake periods (−0.3 and −0.4 mg/dL, respectively; both P

"The DASH diet lowered serum UA, and this effect was greater among participants with hyperuricemia," the authors write. "Moreover, we found that higher sodium intake decreased serum UA, which enhances our knowledge of urate pathophysiology and risk factors for hyperuricemia."

Several food companies donated food, and a food storage company provided food storage.

More information: Full Text

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