Gout Guide

Lifelong Transformation, One Healthy Habit At A Time.™
Welcome to OPTAVIA!

At OPTAVIA, we believe you can live the best life possible, but that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you.

If you suffer with gout, achieving a healthy weight can help. Excess weight puts more stress on your joints and can increase your risk of hyperuricemia. OPTAVIA Fuelings are completely safe to use even if you have a history of gout; however, we do recommend certain modifications to your meal plan.

Those with gout should lose weight gradually and steadily, using a meal plan that is slightly more liberal in calories and carbohydrates, yet more restricted in protein than the Optimal Weight 5 & 1 Plan®, to lessen the risk of increased uric acid levels. OPTAVIA’s program for gout does not induce a fat-burning state, which can increase uric acid levels in the blood. Its higher calorie level promotes a more gradual weight loss than the regular Optimal Weight 5 & 1 Plan, and it encourages food choices with only low or moderate amounts of purines.

Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your OPTAVIA journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin® (warfarin), lithium, thyroid medications etc.).
Gout Plan

The OPTAVIA for Gout Plan incorporates a balance of low purine foods, moderate protein, and two OPTAVIA Fuelings to provide approximately 1,200 calories per day. On this plan, you’ll eat six times daily, once every two to three hours. Use the Food Group Chart and sample meal plan on page 5 to help you plan your meals.

We recommend the following as part of the OPTAVIA for Gout Plan:

- Limit animal protein in your diet. Choose no more than six ounces of low- or moderate-purine choices of lean meat, poultry, or fish per day.
- Incorporate two servings of low-fat or fat-free dairy products daily. Dairy products may help to prevent or decrease the risk of gout.
- Aim for about 1,200 calories per day to allow for gradual weight loss and to decrease the potential of developing elevated uric acid levels.
- Choose foods that are low and/or moderate in purines, and avoid moderate-purine choices during a gout flare-up.
- Avoid alcohol during the weight-loss phase and during flare-ups.
- Drink 64 oz. of water each day as it can help remove uric acid from the body.*
- Limit higher-purine vegetables such as asparagus, cauliflower, mushrooms, peas, and spinach, and avoid them completely during a flare-up.

Remember, these are general recommendations – every individual is different, so it is important to discuss any weight-loss program with your healthcare provider to determine if it’s right for you.

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.
increase your health, confidence, and vitality.
Gout Sample Menu

Breakfast:
- ½ cup cooked oatmeal
- 1 small, sliced banana
- 1 cup plain coffee (regular or decaf)

Mid-morning:
- OPTAVIA Select Chia Bliss Smoothie
- 1 cup low-fat milk

Lunch:
- 3 oz. grilled chicken breast
- 1 cup mixed salad greens
- ½ cup diced tomatoes
- 1 Tbsp salad dressing

Mid-afternoon:
- 6 unsalted almonds
- 12 cherries

Dinner:
- 3 oz. broiled tilapia
- ½ cup brown rice
- ½ cup steamed broccoli

Evening:
- OPTAVIA Essential Decadent Double Chocolate Brownie
- 1 cup low-fat milk

Food Group Chart (1,200 calories per day)

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Number of servings/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTAVIA Fuelings</td>
<td>2</td>
</tr>
<tr>
<td>Grains</td>
<td>3</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2</td>
</tr>
<tr>
<td>Fruits</td>
<td>2</td>
</tr>
<tr>
<td>Lean meats and meat substitutes</td>
<td>2, 3 oz. servings</td>
</tr>
<tr>
<td>Dairy</td>
<td>2</td>
</tr>
<tr>
<td>Fats</td>
<td>2</td>
</tr>
</tbody>
</table>
We're with you every step of the way

**Talk to your OPTAVIA Coach**
Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes OPTAVIA different from other programs. Lean on your OPTAVIA Coach for support as you begin your Optimal Health journey.

**Develop your Habits of Health™**
Dr. A’s Habits of Health System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using this tool to transform yourself and others!

**Stay motivated with daily inspiration**
With your phone text the message "OPTAVIA30" to number **990-00** the day before you start your plan to receive daily quick tips, inspiration, healthy reminders, and much more!*

**Learn from the OPTAVIA Community**
Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products, and receive the support you need.

**Discover new, delicious recipes**
Visit the OPTAVIA Pinterest page for lean and green meals and Fuelings recipes at Pinterest.com/OPTAVIA.

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