Purine chart: 60 common foods (printable PDF)

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Purines are natural compounds found in almost every food. The body breaks them down into uric acid. This chart gives **total purines in mg per 100 g** of food, raw unless the name says otherwise (cooked, canned, dried). Drinks are in mg per 100 mL.

Two labs, two columns. The values are measured values from the USDA purine database (2025) and a large laboratory study of common foods (Kaneko et al., 2014, and its 2015 update). The two labs measure differently, and USDA values are often about twice as high for the same food (raw chicken breast: 289 in USDA, 141.2 in Kaneko). **Compare foods within one column**, not across columns. A dash (—) means that lab did not measure the food.

Kaneko column only: very low, under 50 · low, 50–100 · moderate, 100–200 · high, 200–300 · very high, over 300

The study's own five groups, in mg per 100 g. They apply to Kaneko values only; USDA values are not banded.

Organ meats

Food	USDA	Kaneko study
Chicken liver	—	312.2
Pork liver	—	284.8
Beef liver	—	219.8
Lamb liver	147	—
Beef kidney	—	174.2
Foie gras (duck)	—	81.9

Meat & deli meats

Food	USDA	Kaneko study
Chicken breast	289	141.2
Beef mince, lean (93%)	188.9	—
Beef tenderloin (steak)	—	98.4
Pork loin	237.2	90.9
Lamb	127.5	93.5
Ham (cooked, sliced)	250.4	74.2
Prosciutto (Parma ham)	—	138.3
Bacon (uncooked)	140.7	61.8
Salami	215.1	120.4
Frankfurter (hot dog)	114.9	49.8

Fish

Food	USDA	Kaneko study
Anchovies (species not identified)	303.9–411	—
Sardines	345	210.4
Mackerel	194	—
Herring	—	139.6
Tuna, canned	211.8	116.9
Salmon	249.9	119.3
Trout (rainbow)	—	180.9
Cod	110.3	98.0

Shellfish

Food	USDA	Kaneko study
Shrimp, prawns	182.4	—
Oysters	—	184.5
Clams	—	145.5
Scallops	—	76.5
Squid	—	186.8

Dairy & eggs

Food	USDA	Kaneko study
Eggs	—	0.0
Milk	—	0.0
Yogurt	—	5.2
Cheese (type not stated)	—	5.7
Butter	0	—

Bread, rice, pasta & grains

Food	USDA	Kaneko study
White bread	12.2	—
Baguette	15.7	—
White rice, cooked	5.9	—
Spaghetti (dry or cooked not stated)	6.8	—
Buckwheat flour	—	75.9

Legumes (dried vs canned)

Food	USDA	Kaneko study
Lentils, dried	222	—
White beans, dried	202	—
White (navy) beans, canned	21.2	—
Chickpeas, dried	56	—
Chickpeas, canned	21.6	—
Green peas, canned	72.4	18.8
Tofu (firm)	—	31.1

Vegetables & mushrooms

Food	USDA	Kaneko study
Spinach	—	51.4
Broccoli	—	70.0
Asparagus (tips)	—	55.3
Tomato	—	6.5
Potato	—	6.5
Button mushroom	—	49.5

Fruit

Food	USDA	Kaneko study
Banana	—	3.0
Strawberry	—	2.1
Avocado	—	18.4

Drinks (mg per 100 mL)

Food	USDA	Kaneko study
Beer, regular	8.48	—
Beer, dark	13.51	—
Non-alcoholic beer & malt drinks	2.93	—
Wine (type not stated)	1.19	—
Whisky	0.21	—

Notes

- Dried legumes are weighed dry, as bought; USDA canned legumes are drained and rinsed. Canned or cooked beans are closer to what ends up on the plate.
- Anchovies: range of three USDA rows (raw and canned, US 1976; fresh, Japan 2020). None is an identified European anchovy.
- Beer, regular: a pooled USDA mean of 38 beers from Japan and Central and Eastern Europe. Wine and spirits: Japanese market samples (Kaneko et al., 2009, via USDA).
- Values are for the food as listed, per 100 g. A serving can be smaller or larger.

Sources

1. Heydorn KC, Wu X, Garrett TJ, Kamat M, Pandey D, Vavilala S, Dwyer J, Wambogo E, Ershow AG, Thompson LD, Juraschek SP, Pehrsson PR. USDA and ODS-NIH Database for the Purine Content of Foods, Release 2.0. USDA Agricultural Research Service, Methods and Application of Food Composition Laboratory; March 2025. ars.usda.gov
2. Kaneko K, Aoyagi Y, Fukuuchi T, Inazawa K, Yamaoka N. Total purine and purine base content of common foodstuffs for facilitating nutritional therapy for gout and hyperuricemia. Biol Pharm Bull. 2014;37(5):709-721. doi:10.1248/bpb.b13-00967
3. Kaneko K, Fukuuchi T, Inazawa K, Yamaoka N, Fujimori S. 食品中プリン体含量および塩基別含有率の比較 [Comparison of purine content and purine base ratios in foods]. Gout and Nucleic Acid Metabolism (痛風と核酸代謝). 2015;39(1):7-21 (pages 7-22 of issue PDF). doi:10.6032/gnam.39.7

Food information, not medical advice. This chart gives general information about food. It is not medical advice and does not replace your doctor or dietitian, who know your situation and treatment.

How this chart was made. Researched and drafted with the help of AI, checked figure by figure against the sources listed above, and reviewed by Fabien Martin.