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Allowed But Watch For Milk Chocolate. 6. For Breakfast Cereal, Rice Krispies Are The  
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Purine Restricted Diet (Diet For Gout)  
In A Build Up Of Uric Acid In The Body. If You Choose To Drink, Do Not Drink More Than One 4 Ounce Drink 3 Times Per Week. • Follow A Low Purine Diet (see Chart). Avoid Foods On The 'high Purine' List. Eat Foods On The 'moderate Purine' List  
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