Food Tracker For Gout

Date / Time	Food & Drinks	Serving size	Protein (purines?)	Location	Notes
					www.goutproof.com

Food & Drink- includes, sides, sauces, snacks, dips, bites (64oz water/day?)
Serving sizes- 1 cup (8oz):baseball, 1/4 cup(2oz):golfball, 4oz meat:deck of cards, 1.5oz:shot glass
Proteins/purines: MSG, high in yeast, fructose
Notes: event, activity, with who, mood, hunger level, unknowns

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