



TARGETS: < 400 mg purines / day · ≥ 68 oz / day

1. Clinical summary

Over 30 tracked day(s), average intake of **394 mg** purines per day, **in the intermediate zone** (400 mg). 9 day(s) over threshold (30%). Highest day: **27/07/2026** at 843 mg. Average hydration **68 oz/day**, target met (68 oz target), 30% of days at target. 3 flare(s) reported, average intensity 6.0/10, mainly **Left ankle**.

AVG. PURINES / DAY

394 mg

DAYS > 400 MG

9 / 30

30%

AVG. HYDRATION / DAY

68 oz

30% ≥ 68 oz

FLARES

3

Avg. intensity : 6.0/10

MOST AFFECTED JOINT

Left ankle

2 flare(s)

TOTAL FLARE-DAYS

9 days

2. Daily totals (purines)

Total purines per day. Clinical threshold 400 mg / day.

DATE	PURINES / DAY	FOODS	STATUS
Thu, 20 Aug 26	157 mg	2	✓ OK
Wed, 19 Aug 26	758 mg	4	⚠ > threshold
Tue, 18 Aug 26	230 mg	4	✓ OK
Mon, 17 Aug 26	319 mg	5	✓ OK
Sun, 16 Aug 26	843 mg	5	⚠ > threshold
Sat, 15 Aug 26	247 mg	4	✓ OK
Fri, 14 Aug 26	566 mg	4	⚠ > threshold
Thu, 13 Aug 26	216 mg	4	✓ OK
Wed, 12 Aug 26	132 mg	2	✓ OK
Tue, 11 Aug 26	368 mg	4	✓ OK
Mon, 10 Aug 26	312 mg	4	✓ OK
Sun, 09 Aug 26	758 mg	4	⚠ > threshold
Sat, 08 Aug 26	230 mg	4	✓ OK
Fri, 07 Aug 26	319 mg	5	✓ OK

DATE	PURINES / DAY	FOODS	STATUS
Thu, 06 Aug 26	843 mg	5	⚠ > threshold
Wed, 05 Aug 26	247 mg	4	✓ OK
Tue, 04 Aug 26	566 mg	4	⚠ > threshold
Mon, 03 Aug 26	216 mg	4	✓ OK
Sun, 02 Aug 26	132 mg	2	✓ OK
Sat, 01 Aug 26	368 mg	4	✓ OK
Fri, 31 Jul 26	312 mg	4	✓ OK
Thu, 30 Jul 26	758 mg	4	⚠ > threshold
Wed, 29 Jul 26	230 mg	4	✓ OK
Tue, 28 Jul 26	319 mg	5	✓ OK
Mon, 27 Jul 26	843 mg	5	⚠ > threshold
Sun, 26 Jul 26	247 mg	4	✓ OK
Sat, 25 Jul 26	566 mg	4	⚠ > threshold
Fri, 24 Jul 26	216 mg	4	✓ OK
Thu, 23 Jul 26	132 mg	2	✓ OK
Wed, 22 Jul 26	368 mg	4	✓ OK

3. Detailed food journal

DATE	TIME	FOOD	CATEGORY	OZ	MG
22/07/26	20:00	Boiled eggs, green salad	Eggs	7	60
22/07/26	16:00	Madeleine	Snacks	1	5
22/07/26	12:30	Beef bourguignon, steamed potatoes	Beef	13	295
22/07/26	07:45	Bread, jam, butter	Breakfast	4	8
23/07/26	13:00	Chicken salad sandwich	AI-composed meals	10	130
23/07/26	08:00	Black coffee	Drinks	3	2
24/07/26	21:00	Plain yogurt	Dairy	4	8
24/07/26	19:30	Pumpkin soup, croutons	Soup	12	35
24/07/26	12:45	Cod, quinoa, broccoli	Fish	13	145
24/07/26	07:30	Porridge, berries	Breakfast	10	28
25/07/26	20:30	Glass of sake	Drinks	3	6
25/07/26	20:00	Pork ramen with egg	AI-composed meals	16	295
25/07/26	13:00	Mixed sushi (12 pieces)	Fish	11	245
25/07/26	08:00	Cereal bowl with milk	Breakfast	8	20
26/07/26	19:30	Grilled sea bream, ratatouille	Fish	13	155
26/07/26	16:00	Almonds	Snacks	1	12
26/07/26	12:30	Greek salad (feta, olives, cucumber)	Salad	11	55
26/07/26	07:45	Banana-strawberry smoothie	Breakfast	10	25
27/07/26	21:15	Dry sausage	Cured meats	2	95
27/07/26	19:30	Glass of red wine	Drinks	5	8
27/07/26	19:00	Canned sardines, tomatoes	Fish	8	360
27/07/26	13:00	Chorizo pizza	Cured meats	15	285
27/07/26	08:30	Buttered bread, ham	Cured meats	5	95
28/07/26	21:00	Square of dark chocolate	Snacks	1	6
28/07/26	19:45	Minestrone soup, bread	Soup	12	75
28/07/26	16:30	Banana	Fruits	5	8
28/07/26	12:45	Roast turkey, lentils	Poultry	13	220
28/07/26	07:30	Coffee, croissant	Breakfast	3	10
29/07/26	20:00	Mushroom omelette, green salad	Eggs	10	105
29/07/26	16:00	Greek yogurt, honey	Dairy	5	12
29/07/26	12:30	Pesto pasta, parmesan	Pasta	12	95
29/07/26	07:45	Whole-grain bread, cottage cheese	Breakfast	7	18
30/07/26	19:30	Beer (33 cl)	Drinks	11	35

DATE	TIME	FOOD	CATEGORY	OZ	MG
30/07/26	19:00	Pan-fried veal liver	Offal	6	410
30/07/26	13:00	Beef burger, fries	Beef	15	285
30/07/26	08:00	Scrambled eggs, bread	Breakfast	6	28
31/07/26	19:30	Steamed cod, rice, zucchini	Fish	13	145
31/07/26	16:15	Apple	Fruits	5	10
31/07/26	12:45	Grilled chicken salad	Poultry	11	135
31/07/26	07:30	Plain yogurt + oatmeal	Breakfast	8	22
01/08/26	20:00	Boiled eggs, green salad	Eggs	7	60
01/08/26	16:00	Madeleine	Snacks	1	5
01/08/26	12:30	Beef bourguignon, steamed potatoes	Beef	13	295
01/08/26	07:45	Bread, jam, butter	Breakfast	4	8
02/08/26	13:00	Chicken salad sandwich	AI-composed meals	10	130
02/08/26	08:00	Black coffee	Drinks	3	2
03/08/26	21:00	Plain yogurt	Dairy	4	8
03/08/26	19:30	Pumpkin soup, croutons	Soup	12	35
03/08/26	12:45	Cod, quinoa, broccoli	Fish	13	145
03/08/26	07:30	Porridge, berries	Breakfast	10	28
04/08/26	20:30	Glass of sake	Drinks	3	6
04/08/26	20:00	Pork ramen with egg	AI-composed meals	16	295
04/08/26	13:00	Mixed sushi (12 pieces)	Fish	11	245
04/08/26	08:00	Cereal bowl with milk	Breakfast	8	20
05/08/26	19:30	Grilled sea bream, ratatouille	Fish	13	155
05/08/26	16:00	Almonds	Snacks	1	12
05/08/26	12:30	Greek salad (feta, olives, cucumber)	Salad	11	55
05/08/26	07:45	Banana-strawberry smoothie	Breakfast	10	25
06/08/26	21:15	Dry sausage	Cured meats	2	95
06/08/26	19:30	Glass of red wine	Drinks	5	8
06/08/26	19:00	Canned sardines, tomatoes	Fish	8	360
06/08/26	13:00	Chorizo pizza	Cured meats	15	285
06/08/26	08:30	Buttered bread, ham	Cured meats	5	95
07/08/26	21:00	Square of dark chocolate	Snacks	1	6
07/08/26	19:45	Minestrone soup, bread	Soup	12	75
07/08/26	16:30	Banana	Fruits	5	8
07/08/26	12:45	Roast turkey, lentils	Poultry	13	220
07/08/26	07:30	Coffee, croissant	Breakfast	3	10

DATE	TIME	FOOD	CATEGORY	OZ	MG
08/08/26	20:00	Mushroom omelette, green salad	Eggs	10	105
08/08/26	16:00	Greek yogurt, honey	Dairy	5	12
08/08/26	12:30	Pesto pasta, parmesan	Pasta	12	95
08/08/26	07:45	Whole-grain bread, cottage cheese	Breakfast	7	18
09/08/26	19:30	Beer (33 cl)	Drinks	11	35
09/08/26	19:00	Pan-fried veal liver	Offal	6	410
09/08/26	13:00	Beef burger, fries	Beef	15	285
09/08/26	08:00	Scrambled eggs, bread	Breakfast	6	28
10/08/26	19:30	Steamed cod, rice, zucchini	Fish	13	145
10/08/26	16:15	Apple	Fruits	5	10
10/08/26	12:45	Grilled chicken salad	Poultry	11	135
10/08/26	07:30	Plain yogurt + oatmeal	Breakfast	8	22
11/08/26	20:00	Boiled eggs, green salad	Eggs	7	60
11/08/26	16:00	Madeleine	Snacks	1	5
11/08/26	12:30	Beef bourguignon, steamed potatoes	Beef	13	295
11/08/26	07:45	Bread, jam, butter	Breakfast	4	8
12/08/26	13:00	Chicken salad sandwich	AI-composed meals	10	130
12/08/26	08:00	Black coffee	Drinks	3	2
13/08/26	21:00	Plain yogurt	Dairy	4	8
13/08/26	19:30	Pumpkin soup, croutons	Soup	12	35
13/08/26	12:45	Cod, quinoa, broccoli	Fish	13	145
13/08/26	07:30	Porridge, berries	Breakfast	10	28
14/08/26	20:30	Glass of sake	Drinks	3	6
14/08/26	20:00	Pork ramen with egg	AI-composed meals	16	295
14/08/26	13:00	Mixed sushi (12 pieces)	Fish	11	245
14/08/26	08:00	Cereal bowl with milk	Breakfast	8	20
15/08/26	19:30	Grilled sea bream, ratatouille	Fish	13	155
15/08/26	16:00	Almonds	Snacks	1	12
15/08/26	12:30	Greek salad (feta, olives, cucumber)	Salad	11	55
15/08/26	07:45	Banana-strawberry smoothie	Breakfast	10	25
16/08/26	21:15	Dry sausage	Cured meats	2	95
16/08/26	19:30	Glass of red wine	Drinks	5	8
16/08/26	19:00	Canned sardines, tomatoes	Fish	8	360
16/08/26	13:00	Chorizo pizza	Cured meats	15	285
16/08/26	08:30	Buttered bread, ham	Cured meats	5	95

DATE	TIME	FOOD	CATEGORY	OZ	MG
17/08/26	21:00	Square of dark chocolate	Snacks	1	6
17/08/26	19:45	Minestrone soup, bread	Soup	12	75
17/08/26	16:30	Banana	Fruits	5	8
17/08/26	12:45	Roast turkey, lentils	Poultry	13	220
17/08/26	07:30	Coffee, croissant	Breakfast	3	10
18/08/26	20:00	Mushroom omelette, green salad	Eggs	10	105
18/08/26	16:00	Greek yogurt, honey	Dairy	5	12
18/08/26	12:30	Pesto pasta, parmesan	Pasta	12	95
18/08/26	07:45	Whole-grain bread, cottage cheese	Breakfast	7	18
19/08/26	19:30	Beer (33 cl)	Drinks	11	35
19/08/26	19:00	Pan-fried veal liver	Offal	6	410
19/08/26	13:00	Beef burger, fries	Beef	15	285
19/08/26	08:00	Scrambled eggs, bread	Breakfast	6	28
20/08/26	12:45	Grilled chicken salad	Poultry	11	135
20/08/26	07:30	Plain yogurt + oatmeal	Breakfast	8	22

4. Hydration

DATE	CONSUMED (OZ)	GOAL	% REACHED	STATUS
2026-07-21	68	85	80%	⚠ < threshold
2026-07-22	37	85	44%	⚠ < threshold
2026-07-23	95	85	112%	✓ OK
2026-07-24	57	85	68%	⚠ < threshold
2026-07-25	85	85	100%	✓ OK
2026-07-26	44	85	52%	⚠ < threshold
2026-07-27	71	85	84%	⚠ < threshold
2026-07-28	88	85	104%	✓ OK
2026-07-29	51	85	60%	⚠ < threshold
2026-07-30	81	85	96%	⚠ < threshold
2026-07-31	68	85	80%	⚠ < threshold
2026-08-01	37	85	44%	⚠ < threshold
2026-08-02	95	85	112%	✓ OK
2026-08-03	57	85	68%	⚠ < threshold
2026-08-04	85	85	100%	✓ OK
2026-08-05	44	85	52%	⚠ < threshold
2026-08-06	71	85	84%	⚠ < threshold

DATE	CONSUMED (OZ)	GOAL	% REACHED	STATUS
2026-08-07	88	85	104%	✓ OK
2026-08-08	51	85	60%	⚠ < threshold
2026-08-09	81	85	96%	⚠ < threshold
2026-08-10	68	85	80%	⚠ < threshold
2026-08-11	37	85	44%	⚠ < threshold
2026-08-12	95	85	112%	✓ OK
2026-08-13	57	85	68%	⚠ < threshold
2026-08-14	85	85	100%	✓ OK
2026-08-15	44	85	52%	⚠ < threshold
2026-08-16	71	85	84%	⚠ < threshold
2026-08-17	88	85	104%	✓ OK
2026-08-18	51	85	60%	⚠ < threshold
2026-08-19	81	85	96%	⚠ < threshold

5. Gout flares

DATE	INTENSITY	JOINT(S)	TRIGGERS	DURATION	PATIENT NOTES
19 August 2026	4/10	Right big toe	Heavy meal, Holiday	Ongoing	"Pain woke me up this morning, moderate. Ice + rest."
09 August 2026	6/10	Left ankle	Stress, Fatigue	4 days	"Flare came after a very busy week. Started Colchicine on day one."
26 July 2026	8/10	Left big toe, Left ankle	Alcohol, Cured meats, Festive evening	5 days	"Severe flare after raclette + beers. Woke up at 3am, couldn't bear weight. Gradual relief on Colchicine + NSAIDs."

6. Medications & adherence

MEDICATION	DOSE	TAKEN	EXPECTED	ADHERENCE
Allopurinol	100 mg · 1 tab	26	30	87%
Colchicine	500 mg · 1 tab	11	—	—

7. Blood tests

Serum uric acid and ancillary markers entered by the patient.
Therapeutic target (EULAR): < 6.0 mg/dL = < 60 mg/L = < 360 µmol/L.

DATE	URIC ACID (MMOL/L)	CREATININE (MG/DL)	EGFR (ML/MIN)	CRP (MG/L)	LABORATORY
18 August 2026	345	0.92	96	2.1	SYNLAB

Notes: "On Allopurinol 100 mg for 6 months — target reached."

8. Weight tracking

Weight loss is recommended when overweight (ACR 2020), but rapid loss can trigger a flare (ketosis → urate retention). The rate matters as much as the value.

LATEST WEIGH-IN
84 kg

TREND (28 D)
-0.3 kg/sem

SINCE FIRST WEIGH-IN
-1.1 kg

DATE	WEIGHT (KG)	CHANGE
23/07/2026	85.1	—
30/07/2026	84.8	-0.3
06/08/2026	84.9	+0.1
13/08/2026	84.4	-0.5
20/08/2026	84	-0.4

8. Clinical recommendations

Recommendations based on logged data:

- Reduce purine intake: limit organ meats, sardines, anchovies, processed meat. Favor white fish, white poultry, eggs, moderate legumes.
- Discuss long-term **urate-lowering therapy** (allopurinol, febuxostat) given flare frequency.
- Measure **serum uric acid** (target < 360 µmol/L, or < 300 if tophi / arthropathy).
- Limit **alcohol** (especially beer and spirits) and **fructose** (sodas, HFCS syrups).