

# Foods to Promote **Nitric Oxide** Generation in the Body

**Support your circulation and Light Therapy sessions** - *Maximize your light therapy sessions for NO release by eating these foods to front load your body with the supporting nutrients. Nitric Oxide, often called the “miracle molecule,” is the body’s natural vasodilator.*



## **Beets and Beet Greens**

Beetroot is very high in nitrates. Studies show that beets are a vasodilator which lowering blood pressure. Beet chips, pre-cooked beets, beet juice and other beet products are becoming easier to find in markets. Try a health food store or Trader Joe’s and ask for assistance.

## **Dark Chocolate – Raw Cacao**

The raw cacao bean increases nitric oxide helping lower blood pressure and markers of inflammation. Add raw cacao powder to smoothies or chia pudding. Visit a health food store to find raw cacao products. Dark chocolate also contains L-Citrulline. Buy high cacao and low in sugar dark chocolate.



## **Citrus**

Oranges, lemons, and grapefruit contain high amounts of vitamin C which raises levels of nitric oxide synthase, the enzyme that converts L-arginine into nitric oxide. Vitamin C is also a co-factor in reducing dietary nitrite to nitric oxide.

## Walnuts

Walnuts are high in L-arginine. Most other nuts are a good source of arginine. Soak your nuts for six hours prior to using and chew well!

## Arugula

**Arugula is the highest known source of nitrates.** Use it in salads, lightly sautéed with other veggies or put it into a whole foods green drink in your blender.



## Spinach

Eat this leafy green fresh since it is packed with nutrients and nitrates. Add to salads, soups, sautéed or add to a blended green drink.

## Swiss Chard

This leafy green vegetable is more than just it's 151 mg of nitrate (per 100 grams). Swiss chard has quite a bit of vitamin A (44% per serving) and vitamin C (18% per serving)

## Celery

Celery can contain up to 250 mg per 100 gram serving, depending on the fertilizers used and the quality of the soil. **Buy organic**, conventional celery is heavily sprayed.



## Watermelon

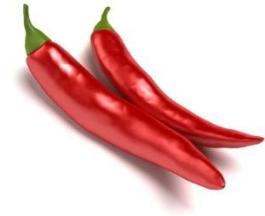
Watermelon is high in the amino acid, L-citrulline, which converts into L-arginine and ultimately nitric oxide. Use moderation due to sugar content especially if you have blood sugar issues.

## **Pomegranate**

This delicious fruit boosts nitric oxide and is a tremendous anti-inflammatory. Polyphenols in the pomegranate assist in converting dietary nitrite to nitric oxide. These same polyphenols block nitric oxide from converting back to nitrite. **Cranberries and other berries** have similar benefits.

## **Capsaicin – Hot Chili Peppers**

Capsaicin is the alkaloid that makes all chilis hot and it's also pretty good at increasing nitric oxide levels.



## **Onions and Garlic**

Onions and garlic are another source of citrulline,

## **Parsley**

Parsley contains plenty of vitamin A and vitamin C, but it can have anywhere from 100 mg to 250 mg of nitrates. **Buy organic.**



# Produce Recommendations

## Always buy organic – heavily sprayed produce:

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears
- Cherries
- Grapes
- Celery
- Tomatoes
- Sweet Bell Peppers
- Potatoes
- Hot Peppers
- Cucumbers
- Lettuces
- *Buy Organic Greens! It is sprayed frequently directly on the leaves.*

## Less sprayed conventional produce:

- **Corn – *but always buy organic corn to avoid GMOs or avoid corn***
- Avocadoes
- Pineapples
- Cabbage
- Onions
- Frozen sweet peas
- Papayas
- Aparagus
- Mangos
- Eggplant
- Honeydew Melon
- Kiwi
- Cantaloupe
- Cauliflower

Sourced from the Environmental Working Group 2017 Dirty Dozen and Clean Fifteen lists. [www.ewg.org](http://www.ewg.org)