

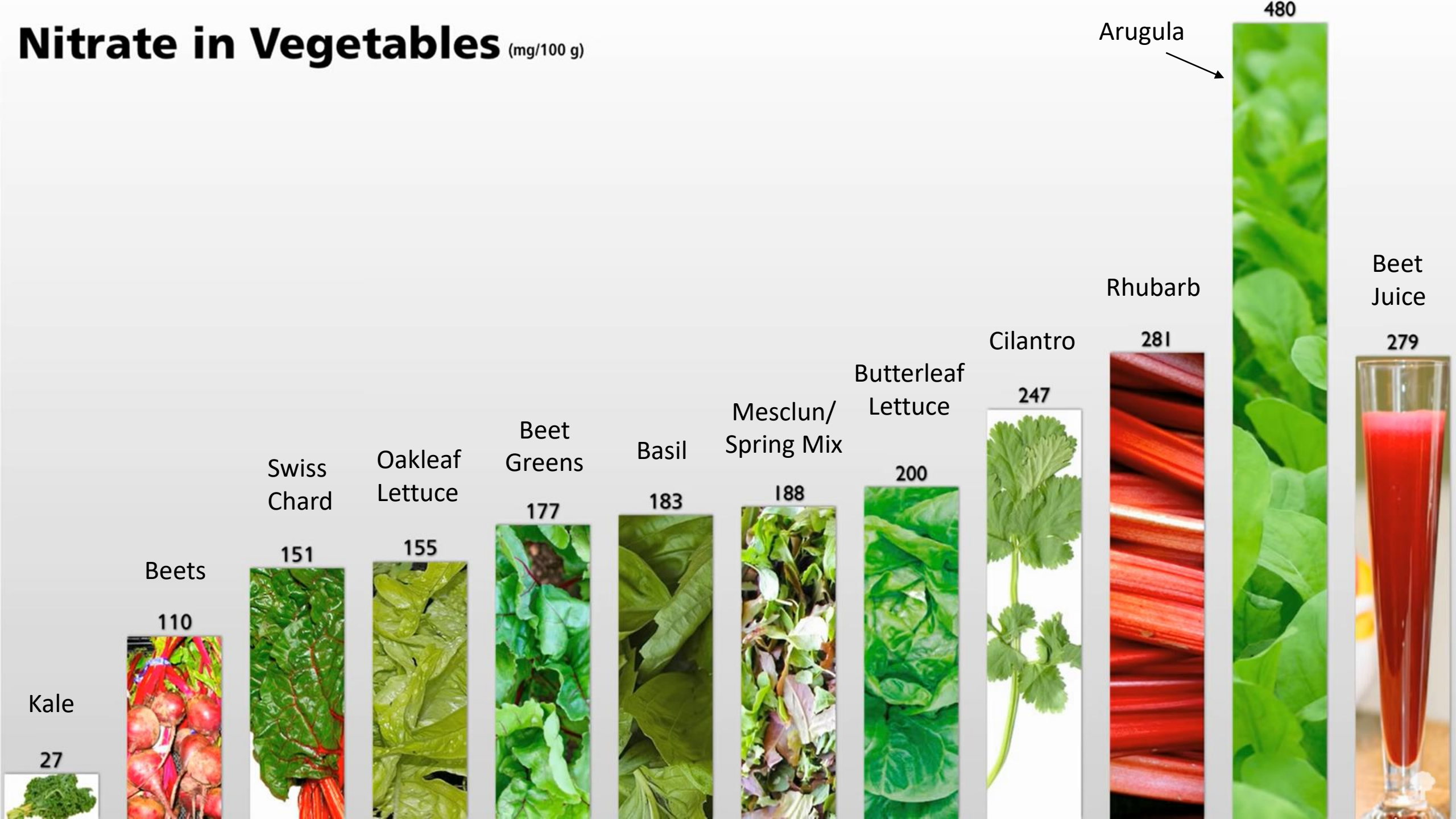
FOODS TO MAXIMIZE NITRIC OXIDE

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Nitrate in Vegetables (mg/100 g)



THE MOST NITRATE RICH VEGETABLES

 @plantpoweredtribe

1. ARUGULA
2. RHUBARB
3. CILANTRO
4. BUTTER LEAF LETTUCE
5. MIXED (MESCLUN) GREENS
6. BASIL
7. BEET GREENS
8. OAK LEAF LETTUCE
- 9.. SWISS CHARD
10. BEETS

SOURCE: NUTRITIONFACTS.ORG

Table 5: Highest nitric oxide index foods

Food	Nitric oxide index value
Arugula	1,452
Chicory	938
Wild radish	814
Bok choy	775
Beets	632
Spinach	588
Chinese cabbage	499
Lettuce	388
Cabbage	312
Mustard greens	226
Cauliflower, raw	167
Parsley	150
Kohlrabi	136
Carrot	127
Broccoli	122