Preventing and reversing disease by generating **Nitric Oxide** with WHOLE FOODS

What is NO?
NO stands for Nitric Oxide, a combination of one molecule of Nitrogen and one molecule of Oxygen NO.

What NO is not
- not nitrous oxide, “Laughing gas” used in the dentist’s office N₂O
- not nitrogen dioxide, an air pollutant NO₂

What does NO Do?
NO is a chemical messenger that signals
- arteries to relax and expand
- immune cells to kill bacteria and cancer
- brain cells to communicate
- oxygenation of tissues

NO can:
- prevent high blood pressure
- keep arteries flexible
- lower cholesterol
- limit swelling and pain of arthritis
- prevent, slow or reverse arterial plaque
- reduce risk of diabetes and complications like kidney disease, blindness and limb amputations
- protect bones from osteoporosis
- help protect skin from sun damage
- reduce risk of developing dementia
- reduce formation of blood clots
- reverse erectile dysfunction

Where do we find NO?
We make NO in our bodies from nitrates and nitrites in our food

I thought nitrites and nitrates were dangerous?
Nitrites and nitrates found naturally in our food contribute to making NO. Nitrates and nitrites added as a preservative to meats, can make nitrosamines which are carcinogens. Amines from protein, in the presence of saturated fat and cooked at high temps can create nitrosamines. Foods to avoid would include cured and smoked meats like lunch meats, hot dogs and bacon. Eating raw veggies does not contribute to cancer-causing nitrosamines.

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Which foods make NO?

High NO producers
Kale, Swiss chard, arugula, spinach, chicory, wild radish, bok choy, beet, lettuce, cabbage, mustard greens, raw cauliflower, parsley, kohlrabi, carrot and broccoli

Medium NO producers
Coleslaw, asparagus, celery, watercress, artichoke, eggplant, strawberry, potato, garlic, tomato, vegetable juice, vegetable soup, melon

Low NO producers
String beans, figs, prunes, sweet potato, raspberries, raisins, bananas, cherries, onion, bean sprouts, chickpeas, red wine

Boosting NO production
1. Have RAW greens at every meal or at least daily
2. Cooking and dehydrating destroy NO-building capacity
3. Accompany greens with a source of Vitamin C
4. Consume foods high in polyphenol antioxidants like dark colored fruit, (berries), red wine or grapes, and dark chocolate (65% cacao or more)
5. Include exercise in your daily routine, 30 minutes is recommended
6. Fish oil and other unsaturated oils boost NO production
7. Refrain from using mouthwash since it can decrease NO production by at least 1/3

CAUTION
Steer clear of L-arginine supplements that boost NO. They can be harmful, especially if you are over 40.

References
No More Heart Disease, Louis J. Ignarro
The Nitric Oxide Solution, Nathan Bryan and Janet Zand

This publication will be made available in accessible formats upon request. Please call 541-572-5263 for information.