Nitric Oxide Foods and Brands

Nitric oxide (NO) is a molecule that helps improve blood flow, regulate blood pressure, and support overall cardiovascular health. While foods don't contain nitric oxide directly, certain foods, especially those rich in nitrates, antioxidants, and amino acids like L-arginine and L-citrulline, help the body produce more nitric oxide.

This is a comprehensive guide that not only details vegan foods high in compounds that support nitric oxide (NO) production, but also includes reputable brands—particularly those that offer USDA Organic, Non-GMO Project Verified, and/or Fair Trade options. Additionally, since you requested it, we’ll include some animal-based options known to contribute to nitric oxide production through their nutrient profiles.

**High-Nitrate Vegan Foods & Brands**

**Key Nutrient:** Nitrates, which convert to nitric oxide in the body.

● **Beetroot:**

○ Fresh & Frozen: Look for **USDA Organic** beets from brands like **Cal-Organic Farms** or **Earthbound Farm** (often Non-GMO as well).

○ Beetroot Juice & Powders: **Lakewood Organic** Beet Juice (USDA Organic), **Biotta** Beet Juice (Non-GMO), **Navitas Organics** Beet Powder (USDA Organic, Non-GMO).

● **Arugula, Spinach, Kale, Swiss Chard, Romaine Lettuce, Bok Choy:**

Available fresh from **Cal-Organic Farms (USDA Organic)** or **Taylor Farms Organic**, and often sold Non-GMO by produce distributors in the U.S. Farmers’ markets and co-ops often stock locally grown USDA Organic greens.

Packaged greens from **Earthbound Farm (USDA Organic, Non-GMO)** or **Organic Girl (USDA Organic, Non-GMO)** are common in supermarkets.

● **Radishes, Cabbage, Celery, Carrots:**

○ Fresh Vegetables: **Grimmway Farms** (Carrots), **Cal-Organic Farms** (Celery, Cabbage, Carrots), **Full Circle Market** (Organic and often Non-GMO).

**L-Arginine-Rich Vegan Foods & Brands**

**Key Nutrient:** L-Arginine, an amino acid precursor to nitric oxide.

● **Legumes (Lentils, Chickpeas, Peanuts, Soybeans):**

○ Dry Beans and Lentils: **Eden Foods** (USDA Organic, Non-GMO), **Bob’s Red Mill** (USDA Organic, Non-GMO options available).

○ Chickpeas: **Westbrae Natural** (Organic), **Nature’s Greatest Foods** (USDA Organic, Non-GMO).

○ Peanut Butter: **Maranatha** (Non-GMO, some organic options), **Once Again** (USDA Organic, Non-GMO Project Verified, Fair Trade Certified for certain nut butters).

○ Soy Products (Tofu, Tempeh, Edamame): **Tofurky** (Non-GMO, some Organic options), **Wildwood Organics** (USDA Organic), **Nasoya** (Non-GMO, USDA Organic options). ● **Nuts & Seeds (Almonds, Pumpkin Seeds, Sunflower Seeds):**

○ **Terrasoul Superfoods** (USDA Organic, Non-GMO), **Navitas Organics** (USDA Organic, Non-GMO), **Blue Diamond** (Non-GMO almonds), **Eden Foods** (pumpkin seeds, sunflower seeds, often Organic and Non-GMO).

● **Quinoa:**

○ **Alter Eco** (USDA Organic, Fair Trade, Non-GMO Project Verified), **Ancient Harvest** (USDA Organic, Non-GMO).

**L-Citrulline-Rich Vegan Foods & Brands**

**Key Nutrient:** L-Citrulline, an amino acid that converts to L-arginine.

● **Watermelon, Cucumber, Squash (Zucchini):**

Fresh produce is typically sold by weight at grocery stores. For certified organic: **Cal-Organic Farms** (Organic Cucumbers, Squash), and various local CSA boxes provide USDA Organic, Non-GMO produce.

● Pre-cut or Frozen Options: **Cascadian Farm** (USDA Organic, Non-GMO) frozen squash.

**Antioxidant-Rich Foods & Brands**

**Key Nutrient:** Antioxidants help stabilize nitric oxide.

● **Pomegranates, Berries (Blueberries, Strawberries, Raspberries, Blackberries), Grapes, Citrus Fruits:**

○ Fresh/Frozen Berries: **Cascadian Farm** (USDA Organic, Non-GMO), **Woodstock Farms** (USDA Organic, Non-GMO).

○ Pomegranate Juice: **Lakewood Organic** Pomegranate Juice (USDA Organic).

○ Grapes/Citrus: Often available through **Cal-Organic Farms**, **Grimmway Farms**, and **Earthbound Farm**.

● **Dark Chocolate (70%+ Cocoa):**

Look for **Fair Trade** and **USDA Organic**:

○ **Alter Eco** (USDA Organic, Fair Trade, Non-GMO),

○ **Equal Exchange** (USDA Organic, Fair Trade),

○ **Divine Chocolate** (Fair Trade Certified),

○ **Endangered Species Chocolate** (Non-GMO, many Fair Trade and sustainable options).

**Folic Acid (Folate)-Rich Foods & Brands**

**Key Nutrient:** Folate supports nitric oxide synthesis.

● **Asparagus, Broccoli, Brussels Sprouts, Avocado, Spinach:**

Again, **Cal-Organic Farms**, **Earthbound Farm**, **Taylor Farms Organic** are your go-to brands for fresh, USDA Organic, Non-GMO vegetables.

● Avocados are generally not GMO; look for USDA Organic from **Equal Exchange Avocados** (Fair Trade certified) or retailers specializing in organic produce.

**Flavonoid-Rich Foods & Brands**

**Key Nutrient:** Flavonoids enhance nitric oxide synthase.

● **Green Tea:**

○ **Numi Tea** (USDA Organic, Fair Trade, Non-GMO Project Verified)

○ **Traditional Medicinals** (USDA Organic, Non-GMO)

○ **Rishi Tea & Botanicals** (Organic, some Fair Trade lines)

● **Cocoa Powder:**

○ **Navitas Organics** (USDA Organic, Non-GMO),

○ **Equal Exchange Cocoa** (USDA Organic, Fair Trade, Non-GMO).

● **Apples & Onions:**

Fresh produce: **Cal-Organic Farms**, **Grimmway Farms**, or local co-ops providing USDA Organic, Non-GMO produce.

**Probiotic-Rich Vegan Foods & Brands**

**Indirect Benefit:** Gut health may support overall nitric oxide production.

● **Kimchi, Sauerkraut, Pickles:**

○ **Wildbrine** (Non-GMO, many Organic options)

○ **Farmhouse Culture** (USDA Organic, Non-GMO)

○ **Bubbies** (Non-GMO verified pickles, some Organic lines)

● **Kombucha:**

○ **GT’s Living Foods** (USDA Organic, Non-GMO)

○ **Health-Ade** (USDA Organic, Non-GMO)

**Sulfur-Containing Foods**

**Key Nutrient:** Sulfur compounds support nitric oxide production.

● **Garlic and Onions:**

Fresh USDA Organic garlic and onions from **Cal-Organic Farms**, or **Melissa’s Produce** (Organic line).

**Omega-3-Rich Vegan Foods & Brands**

**Key Nutrient:** Omega-3s improve nitric oxide efficiency.

● **Flaxseeds, Chia Seeds, Walnuts:**

○ **Bob’s Red Mill** (USDA Organic, Non-GMO) flaxseed meal, chia seeds.

○ **Terrasoul Superfoods** (USDA Organic, Non-GMO) flaxseed and chia seeds.

○ **Navitas Organics** (USDA Organic, Non-GMO) chia seeds.

○ **Equal Exchange** sometimes has walnuts via partners; look for local co-ops for USDA Organic walnuts.

**Selected Animal-Based Options**

**Note:** While many nitrate-rich foods are plant-based, animal-based options support nitric oxide primarily through their protein content (providing L-arginine) and certain other nutrients. If you choose animal products, opt for those raised sustainably and ethically.

● **Grass-Fed, Organic Red Meat (Beef):**

Grass-fed beef can have higher levels of certain beneficial fatty acids and may indirectly support cardiovascular health. Look for:

○ **Organic Valley** (USDA Organic) for dairy and some meat products sourced from family farms, ○ **Thousand Hills Lifetime Grazed** (100% Grass-Fed, Non-GMO feed),

○ **White Oak Pastures** (Regenerative agriculture, Non-GMO, humane standards). ● **Poultry (Chicken, Turkey):**

Pasture-raised, **Bell & Evans** (Non-GMO Project Verified, some Organic lines), **Smart Chicken** (USDA Organic, Humane Certified).

● **Dairy (Milk, Yogurt, Cottage Cheese):**

Contains L-arginine. Look for USDA Organic, grass-fed:

○ **Organic Valley** (USDA Organic, Non-GMO feed),

○ **Stonyfield Farm** (USDA Organic).

● **Wild-Caught Fish (Salmon, Mackerel):**

Rich in omega-3 fatty acids that support nitric oxide function. While not USDA Organic (as organic certification of wild fish is not standard in the U.S.), choose sustainable, responsibly sourced fish: ○ **Vital Choice** (MSC Certified, sustainable)

○ **Wild Planet** (Non-GMO, sustainably fished).

● **Eggs (Pasture-Raised, Organic):**

Eggs provide L-arginine and support overall health, look for:

○ **Vital Farms** (Pasture-Raised, Humane Certified, Non-GMO feed, some Organic) ○ **Organic Valley** Eggs (USDA Organic).