



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

Foods high in Nitrates (the nitrates are added as a preservative):

- Deli meat/cold cuts
- Ham/Bacon
- Sausages
- Hot dogs/Wieners
- Processed foods

Naturally occurring nitrates:

- Cheese
- Beef
- Poultry
- Fish
- Beets
- Celery
- Lettuce
- Radishes
- Spinach