

Nitrates in Veggies

mg/100g fresh weight

Low 20->50

Broccoli, carrot,
cauliflower,
cucumber,
pumpkin, chicory

Middle 50-<100

Cabbage, dill,
turnip, savoy
cabbage

High 100-<250

Celeriac, bok
choy, Chinese
cabbage, endive,
fennel, kohlrabi,
leek, parsley

Very High >250

Celery, cress,
chervil, lettuce,
red beetroot,
spinach, arugula

