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Top 15 Best Choices On List Of Oxygen Rich Foods

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Oxygen is very much necessary for one being to survive. The human body needs constant oxygen amounts in its blood for suitable functioning. However, low oxygen levels (or hypoxemia (<https://en.wikipedia.org/wiki/Hypoxemia>)) can occur thanks to several conditions including lung disease, asthma and iron-deficiency anemia. Anxiety, disorientation, headaches, shortness of breath, bluish skin and high blood pressure are the common hypoxemia symptoms. Apart from blood transfusion, oxygen therapy and exercise and certain foods can help increase oxygen levels in your blood naturally. In this article, VKool.com (<http://vkool.com/>) will show you list of oxygen rich foods: top 15 best choices. The writing collected a list of oxygen rich foods from reliable sources. However, it is not intended to give medical advice and it is solely for the informational purpose. Keep reading this writing to learn list of 15 oxygen rich foods in more detail!

List Of Oxygen Rich Foods: Top 15 Best Choices You Should Know

1. Lemons



By taking more oxygen into the body, you will feel more revitalized and healthier.

Lemons are of the top oxygen rich foods which can be acidic outside the body but turns alkaline within the body. It contains good electrolytic properties making lemon an amazing alkalizing food. The edible becomes a vital part of the daily diet by constantly raising the level of oxygen the bloodstream. Hence, it also helps the body away from the common flu as well as other diseases, thereby, speeding up your body functions. In addition, it helps combating against the harms produced by the free radicals in the body.

Read on: 41 Health And Beauty Advantages Of Lemon Juice, Oil And Peel (<http://vkool.com/benefits-of-lemons/>)

2. Avocadoes, Berries, Carrots, Currants, Ripe Bananas, Celery, Garlic, Dates



All of these foods are also one of the best oxygen rich foods. These foods contain high antioxidant agent, and they're beneficial to health. The pH value is 8. Berries, garlic and dates have properties that aid in regulating blood pressure.

Read on: The Book Of Blood Pressure Solution (<http://vkool.com/blood-pressure-solution/>)

3. Alfalfa Sprouts, Apricots And Sweet Apples



They are fiber-rich foods which have one pH value of 8 and also are not difficult to digest as well. In addition, they contain packs of enzymes that help keep the body's hormonal balance. In fact, if you want to raise blood oxygen levels, you definitely need all of these foods.

4. Sweet Grapes And Pears, Passion Fruit, Raisins, Pineapple, Vegetable Juices



These foods are also one of the top oxygen rich foods. These foods have one pH value of 8.5. In addition, they are rich in vitamins C, A and B as well as antioxidants (<http://www.webmd.com/food-recipes/antioxidants-your-immune-system-super-foods-optimal-health>). These foods in the group regulate your blood, which in turn aids in lowering blood pressure and reduces the risk of heart disease. Especially, vegetable juices are very important for the cellular detoxification because they're rich in iron.

5. Fruit Juices, Chicory, Kiwis:

This group of these foods has one pH value of 8.5. In general, these foods are high in flavonoids that is one chemical compound discovered in natural foods with the antioxidants. They have natural sugar that doesn't form acidic compounds as food is digested. Hence, they have properties which promote alkaline-formation and give more energy for our body.

Read on: 13 Nutritional Advantages Of Kiwi Fruit On Health Are Revealed (<http://vkool.com/benefits-of-kiwi/>)

6. Asparagus, Watercress, Seaweed



With one pH value of 8.5, these foods in this group help decrease the acid levels in your body. For example, watercress is high in calcium, asparagus and iron contains high levels of asparagines, which is an amino acid being beneficial for your nervous system.

7. Mango, Parsley, Papaya, Limes, Melons

These foods are also one of the top oxygen rich foods. These foods in the group have one pH value of 8.5 and act best as kidney cleansers. Mangoes, melons and lemons are high in vitamins and also form alkaline during digestion. Papaya aids in cleansing your colon and regulates the bowel movement. As eaten raw, parsley assists immensely in removing harmful substances from your intestines and works as one diuretic, cleaning the kidneys.

8. Capsicum (Cayenne), Cantaloupe



These foods in the group have one pH value of 8.5. Typically, they are high in enzymes which are necessary for your endocrine system. Capsicum contains a high amount of vitamin A, which is really important in fighting free radicals causing illnesses and stress as well. It also has antibacterial properties. Cantaloupes are low in sugar and are high-fiber fruits.

9. Agar Agar Or Organic Gelatin

This is also considered among one of the best oxygen rich foods. This is one natural substitute for gelatin which is made from seaweeds. Especially, it's high in iron and calcium. It has a very high amount of dietary fiber and also is easily digested by your body. It's definitely worth adding to the diet if you want to increase blood oxygen levels.

10. Seafood And Meats



You will find protein, certain B vitamins and iron in animal based food sources that do have complete amino acid composition for the blood cell synthesis. Get high iron from oysters, clams and pork, beef and poultry liver. Fish like sardines and salmon are higher in protein than iron. Chicken eggs produce both these nutrients in the moderate amounts. All of these oxygen-promoting foods give heme iron. Also, they will build the totals in many of these vitamin B categories.

11. Legumes

One of the top oxygen rich foods is legume. Legumes that include peas, lentils, dry beans and soybeans help the body process oxygen. In addition, legumes making significant contributions to the daily totals of protein, several B vitamins and iron per one-cup serving include lentils or cooked soybeans; kidney, black or navy beans; chickpeas; split peas; or black-eyed peas.

Read on: 12 Health Advantaged Of Beans & Legumes In Diet You Might Not Know! (<http://vkool.com/benefits-of-beans/>)

12. Grains



Commonly, grain foods have a combination of protein, various B vitamins and iron to improve optimal blood oxygen levels. Many corns, whole-wheat, oat and rice cereals give 100 percent of iron everyday values per suggested serving. Especially, vitamin B values range from ten to one hundred percent. You can check the nutrition facts on other packages and cereal, such as white bread, white rice and egg noodles, in order to locate foods enriched with vitamin B and iron.

13. Vegetables

As you know, most vegetables are not high in protein; however they do provide two of protein or a gram per 1-cup serving. Taking iron-rich vegetables will make you low in order to moderate amounts of various B vitamins and protein as well. Greens contain higher concentrations of iron, thus while 1 cup of beets offers 1mg of iron, their beet greens or cooked tops, provide 3mg of iron. Additional options to aid supply oxygen to the body cells include broccoli, spinach and kale.

14. Caring Capsicum



Capsicums are great food that is used generally to improve the taste of food. Especially, it contains pH value of 8.5. Also they are rich in enzymes that are beneficial for your endocrine system. Particularly, high content of vitamin as well as antibacterial properties assists it to reduce illness and stress as well caused by free radicals.

15. Watermelons

This is one of the best oxygen rich foods. The watermelon is highly alkaline with one pH value of 9. Thanks to its high fiber and water content, it works as a mild diuretic. Also, it's a very rich source of, beta-carotene, lycopene and Vitamin C as well. This delicious fruit is also one of the best life-supporting and energy foods out there. The energy giving food may even be preserved and may be consumed up to one week.

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If you want to know more about healthy foods, go to our main Home Food & Recipes (<http://vkool.com/health/food-recipes/>) page. After reading the article of list of oxygen rich foods: top 15 best choices, hope you learn more some healthy foods rich in oxygen. Apart from having plenty of leafy green and dark vegetables and fruits, you had better remember to consume plenty of water as well as exercise regularly to naturally give the body with the oxygen it requires to stay healthy. If you have any question, or you want to know other oxygen rich foods, please leave them below, I will respond you as soon as possible. Also you can share the experience if you know any other oxygen rich foods to us.

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