
Nightshade Food Triggers

Nightshades are a botanical family of plants known as Solanaceae. This family has more than 2,000 plant species, many of which are inedible or poisonous.^{1,2} In a small number of individuals, edible plants in the nightshade family can cause adverse food reactions, inflammation, and other health concerns.³

SYMPTOMS OF NIGHTSHADE REACTIONS^{2,4}

- **Skin:** itchiness
- **Digestive:** abdominal pain, nausea, vomiting, diarrhea
- **Respiratory:** difficulty breathing
- **Cardiac:** low blood pressure, abnormal heart rate
- **Nervous system:** drowsiness, apathy, confusion, vision disturbance
- **General:** weakness
- **Severe toxicity:** paralysis, breathing difficulty, heart failure, coma, death

Nightshade Foods

Avoiding certain edible nightshades may be recommended if there is reason to suspect that those foods are causing symptoms. Here are nightshade foods that may cause a reaction:^{1,4,5}

- **Hot Peppers:** chili peppers, such as jalapeno, habanero, Scotch bonnet, and tabasco peppers
- **Other Vegetables:** bell peppers, eggplant, potatoes (except sweet potatoes), tomatillos (ground-cherry), tomatoes, pimentos
- **Fruits:** Cape gooseberries, goji berries, naranjillas, tamarillo, garden huckleberries, pepino, sunberries, cocona
- **Spices:** chili-based spices like cayenne, chili powder, crushed red pepper, and paprika
- **Other:** ashwagandha, tobacco

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