



# 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.<sup>1,2</sup>

The edible plants can cause adverse food reactions, inflammation, and other health concerns in a small number of individuals.<sup>3</sup> Avoiding foods that cause one of these reactions may be recommended if there is reason to suspect that those foods are causing symptoms.

## Symptoms of Nightshade Reactions:<sup>2,4</sup>

- **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

Category	Foods That Can Cause a Nightshade Reaction <sup>1,4,5</sup>
<b>Vegetables</b>	<b>Hot peppers:</b> chilli, jalapeno, habanero, and scotch bonnet, Tabasco pepper, etc. <b>Others:</b> bell peppers, eggplant, potatoes (except sweet potatoes), tomatillos (groundcherry), tomatoes, pimentos
<b>Fruits</b>	Cape gooseberries, goji berries, naranjillas, tamarillo, garden huckleberries, pepino, sunberries, cocona
<b>Beverages, Spices, &amp; Condiments</b>	<b>Spices:</b> chilli-based like cayenne, chilli powder, crushed red pepper, and paprika <b>Other:</b> ashwagandha, tobacco

## References

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