



Nightshade Food Guide

What are Nightshades?

Nightshades are plants that belong to the Solanaceae family, which can exacerbate inflammation or sensitivity in some individuals.

High-Nightshade Foods (Avoid or Limit)

- Tomatoes (and products like ketchup, salsa)
- Potatoes (except sweet potatoes)
- Eggplant
- Bell peppers, chili peppers, paprika

Low-Nightshade Foods (Safe Choices)

- Zucchini, carrots, cucumbers
- Sweet potatoes, yams
- Apples, bananas, berries