

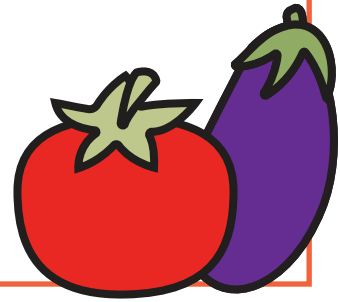
Complete Nightshades Food List

Nightshade Vegetables

- Banana Peppers
- Chili Peppers
- Chipotle Peppers
- Datil
- Eggplant (really a fruit)
- Green Bell Peppers
- Habaneros Peppers
- Jalapeno Peppers
- Pimentos
- Poblano Peppers
- Potatoes (not including sweet potatoes)
- Red Bell Peppers
- Serrano Peppers
- Sweet Peppers
- Thai Peppers
- Tomatillos

Nightshade Fruits

- Bush Tomato
- Cocona
- Goji berries
- Gooseberries
- Huckleberries
- Jerusalem Cherries
- Kutjera
- Naranjillas
- Pepinos
- Sunberry
- Tamarillos
- Tomatoes



Nightshade Spices & Seasonings

- Paprika
- Cayenne pepper
- Chili powder
- Curry powder
- Garam marsala
- Red Pepper
- Chinese Five-Spice Powder
- Curry Powder

Avoid "spices" on ingredient labels unless you can verify the specific spices used.



Nightshade Plants & Herbs

- | | |
|-------------------------------------|---------------|
| ◦ Ashwagandha | ◦ Dubiosia |
| ◦ Banewort | ◦ Dwale |
| ◦ Belladonna7 | ◦ Dwayberry |
| ◦ Bittersweet (Atropine Belladonna) | ◦ Great Morel |
| ◦ Brugmansia | ◦ Henbane |
| ◦ Datura | ◦ Hyoscyamus |
| ◦ Deadly Nightshade | ◦ Jimson Weed |
| ◦ Devil's Cherries | ◦ Mandrake |
| ◦ Devil's Herb | ◦ Petunias |
| ◦ Divale | ◦ Solanum |
| | ◦ Tobacco |

You probably will never come across some of these nightshade plants and herbs. Regardless, it's good to become familiar with them, especially if you take supplements. Ashwagandha is a popular adaptogen that is often found in supplements that people take for health reasons.

Nightshade Condiments & Sauces

Avoid all condiments that have any of the above nightshades in the ingredients, such as ketchup, barbeque sauce, steak sauce, hot sauce, tomato sauce, etc.

Common Vegetables Mistaken for Nightshades

- Black Pepper
- Sweet Potatoes
- Onions
- Zucchini
- Okra