

# Nightshades

## Nightshade Vegetables

- Banana Peppers
- Cayenne
- Chili Peppers
- Datil
- Eggplant
- Habanero
- Jalapeno Peppers
- Paprika
- Pimentos
- Potatoes (sweet potatoes are okay)
- Sweet Peppers (black pepper is okay)
- Thai Peppers
- Tomatillos
- Potatoes
- Wax Peppers

## Nightshade Fruits

- Goji Berries/Wolfberry
- Gooseberry/Cape Gooseberry/Ground Cherry
- Jerusalem Cherries
- Pepino
- Tamarillo
- Tomatoes

## Herbs / Plants

- Ashwagandha
- Banewort (another name for nightshade)
- Belladonna (used in Homeopathy)
- Bittersweet (Atropine Belladonna)
- Brugmansia
- Datura
- Devil's Cherries (another name for nightshade)
- Devil's Herb (another name for nightshade)
- Divale (another name for nightshade)
- Dubiosia
- Dwale (another name for nightshade)
- Dwayberry (another name for nightshade)
- Great Morel (another name for nightshade)
- Henbane
- Hyoscyamus
- Jimson Weed
- Mandrake
- Mandragore
- Nightshade / Deadly Nightshade
- Petunias
- Solanum
- Tobacco

## Other forms of 'food' that can contain solanine

- Modified Food Starch (Be cautious of starch if it doesn't say where it's derived from.)
- Starch (\*If it doesn't say where it's derived from, check with the manufacturer)
- Yeast (\*Most yeast contains potato, both baking yeast and beer yeast. \*\*Red Star yeast does not contain potato.)
- Shredded Cheese (often contains potato starch, food manufacturers add it so the cheese will not clump)
- Shellac Wax (comes from Lac beetle that feeds on Wolfberry plants, found on shiny fruit and veggies, commonly not listed in ingredients)
- Palmitate Vitamin A (In margarine and milk, it's derived from potatoes.)

## Medicines and Chemicals

- Acrylamide
- Atropine
- Chaconine
- Hyoscine (another name for scopolamine)
- Nicotine
- Scopolamine (common in motion sickness meds)
- Solanine
- Viagra (contains belladonna)

## Not to be mistaken for Nightshades

- Black Pepper
- White Pepper
- Green Peppercorns
- Sichuan Pepper
- Tasmannia
- Long Pepper

# Nightshades

List compiled from [https://  
artistamyshealthjourney.wordpress.com/2013/02/09/list-  
of-nightshade-veggies-and-fruits/](https://artistamyshealthjourney.wordpress.com/2013/02/09/list-of-nightshade-veggies-and-fruits/)