

Nightshades or Genus Solanaceae

The glycol-alkaloids & steroidal compounds found in the nightshade family include solanine, tomatine, capsaicin and nicotine and are found in the following:

Tomatoes

All products that include: ketchup, cocktail sauce, tomato sauce, red salsa, most vegetarian soup broths. Grape or Cherry tomatoes have higher levels of tomatine than larger round and heirloom varieties. Tomatoes that are picked before fully ripe also have higher levels of tomatine. This is many supermarket tomatoes, as growers pick them while still unripe and harder, and gas them to turn red before shipping. They ship with less spoilage and have longer shelf-life in the produce section.

Tomatillos-part of the tomato family, commonly found in "salsa Verde"

Potatoes

White, blue & red skinned

Some varieties of potatoes are higher in solanine. Potatoes exposed to light that become green-tinged are extremely high in solanine and are regulated by the USDA from farm to store, but continued light exposure once at store or after purchase in home is an issue. Potato starch added to prepared foods, breads & baked goods, many gluten free breads and crackers, as thickeners in soups & sauces, sauces and noodles. Shredded cheese and frozen foods may be dusted with potato starch to prevent clumping.

Suspect "modified food starch" in ingredients. (Sweet Potatoes are NOT included and are safe to eat, as they are a member of the yam family, not same genus as regular potatoes.)

Peppers

Sweet red, yellow, orange, green bell peppers

Jalapenos, Cuban, Italian

Pickled peppercini served on Greek salads

All types of chili peppers and products: Thai chili pastes, Thai Srihacha hot sauce, tabasco sauce.

Spices including cayenne, paprika, many curry powders, red pepper flakes.

Paprika can be found in many packaged or premade foods Inc. mayonnaises, mustards, bouillon cubes & broths, soups, breading mixtures, veggie burgers and other savory prepared foods.

Paprika in meat products: hotdogs, pepperoni, salami, bologna, other cold cuts coated in spices.

Spices: any premade or packaged food product with "spices" on the label is suspect to have paprika added.

Topical pain relief medication & skin creams for arthritis that contain capsicum

(Black pepper corns/berries that you grind or shake directly on your food are NOT part of this genus & are safe to eat; real Chinese Szechuan pepper is also a different genus and is safe to eat. It is hard to determine if Asian restaurants will be using real Szechuan pepper or red pepper flakes/chilies to spice their dishes.)

Tobacco - Nicotine is the glyco-alkaloid

Cigarettes and cigars (absorbed through lungs and mucus membranes)

Chewing tobacco (absorbed through mucus membranes of mouth)

Smoking-cessation patches (absorbed through skin)

Chinese lantern aka strawberry tomato aka bladder cherry aka winter cherry aka Ground Cherry

This is the fruit of a flower known as Chinese lantern that is papery & usually dyed bright orange or dried flower arrangements. The fruit looks like a yellow cherry tomato surrounded by a papery husk, similar to tomatillos in husks but smaller. Taste is described similar to strawberries, where it gets one of its nicknames. (Note the nickname Ground Cherry is capitalized. There is no relation to regular Bing or sour cherries that grow on trees.

Golgi Berries

Newly promoted "super food" due to its high anti-oxidant level. Seen most commonly in health food stores & Whole Foods. Added to vegetarian vitamin supplements and Acai juice drinks. Mixed into granolas and trail mixes.

Ashwaganda aka "Indian Ginseng"

Newly promoted "super food" used in some supplements and vitamins.

Garden plants

Petunias, Jasmine, Jerusalem cherry, Bitter Sweet, Devil's Trumpets, additional weeds that are part of the nightshade family.

Non-nightshade foods that also contain solanine:

Apples
Blueberries and Huckleberries
Artichoke
Okra

Hidden sources of nightshades & solanine:

Red highlight means it's suspected but I haven't been able to confirm it is a source.

Prescription pills and vitamins/supplements

The excipients or fillers added to the potent ingredient are made from starch. These fillers could be made from grains (corn), rice or potatoes. It's hard to know as not always labeled. Vitamin and supplement companies can purchase excipients from outside suppliers and may not know what type of starch is used if contacting their customer service dept.

Additives including dextrose, dextrin's, malt dextrin, magnesium stearate*

Vitamins and supplements that are enhanced with many ingredients, commonly these are vegetarian-based supplements-Ashwaganda, Gobi berry, blueberry, artichoke leaf have been found on labels, this includes "green super food powders".

Vitamin A Palmitate-found in vitamins & also added to foods (milk & packaged items) is possibly made from potatoes.

Beano brand food enzyme-potato starch in pill form, I haven't checked liquid drops.

Potato starch is prevalent in sleeping medications and muscle relaxants. (Safe to use for people on plant-based diets: Mega Foods brand calcium and Nutrition Now brand B-12 gummy chewable do not have potato starch.)

Medications derived from the Belladonna plant

Scopolamine used in anesthesia to combat nausea and vomiting, also for motion sickness and to potentiate opioid analgesics.

Atropine used in anesthesia to increase heart rate, also as atropine sulfate to dilate pupils in eye exams, also as antidote to certain poisonings (organophosphates) and exposure to nerve gas.

Phenobarbital (generic name). Used to treat abdominal discomfort & muscular spasms of the intestinal walls and irritable bowel syndrome and acute enterocolitis.

Food additives

Dextrose, malt dextrin, cellulose, modified food starch could be sourced from potatoes (or rice or corn)

Vitamin A Palmitate-Required by USDA to enrich milk and flour products & is possibly made from potatoes.

Baking powder-if it has potato starch added, not just corn starch.

Yeast used for breads and baked products (Red Star Yeast is one brand confirmed not to have potato starch)

Pesticide residues on foods, in grain-fed animal products

Waxed fruits and vegetables (supposedly food wax is made from the Lac beetle which feeds on nightshade plants)

GMO (*genetically modified organism*) foods, particularly non-organic soy, that contain high pesticide residues.