

# List of Nightshade Vegetables

- Tomatoes (all varieties, and tomato products like marinara, ketchup, etc.)
- Tomatillos
- Potatoes (white and red potatoes. However, sweet potatoes are not nightshades.)
- Eggplant
- All peppers (bell peppers, jalapeno, chili peppers, and hot peppers)
- Red spices (curry powder, chili powder, cayenne powder, red pepper)
- Paprika
- Pimentos
- Tobacco
- Goji berries
- Ground cherries (different from regular cherries)
- Ashwagandha