



MENO CLINIC  
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Your Guide to...

# Nightshades

Nightshades contain alkaloids that can be inflammatory and over activating to our immune system leading to a leaky gut. Nightshades contain the anti-nutrients lectin, saponins and/or capsacin which can increase intestinal permeability.

## Nightshades to Avoid:

- Tomatoes
- Tomatillos
- Potatoes
- Eggplant
- Peppers (*bell peppers, banana peppers, chili peppers, etc.*)
- Pimentos
- Gogi berries
- Ground cherries
- Ashwaganda
- Tobacco
- Red pepper seasonings (*paprika, chili powder, cayenne, curry, etc.*)
- "Spices and Natural Flavors" often contain above seasonings
  - Use ginger and/or horseradish for some extra flavor in your foods