## Patient Handouts

## Nightshades / Nutrition



Nightshades are a family of vegetables whose primary toxin is solanine. Some people find that these foods can aggravate arthritis and other inflammatory symptoms.

## Nightshades include:

- → Eggplant
- → White potato
- → Tomato
- → Bell peppers
- → Chilli
- → Cayenne pepper

NOTES	

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