

Appendix G

Night Shades

- Tomatoes
- White and Red Potatoes
- Eggplant
- Bell Peppers
- Tomatillos
- Paprika
- Cayenne Pepper
- Jalapenos
- Habaneros
- Serrano
- Banana Peppers
- Huckleberries
- Groundcherry
- Chipotle
- Curry Powder
- Chili Powder
- Pimentos
- Tobacco
- Ashwagandha
- Goji Berries

Not Night Shades, but very high in lectins:

- Peanuts
- Soy Beans
- Legumes
- Grains
- Corn
- Cashews
- Chickpeas
- Cucumbers
- Green Beans
- Peas
- Oats
- Squash
- Pumpkin
- Chia Seeds
- Zucchini