

NO Nightshades

- X Eggplant (Fruit)
- X Goji Berries (Fruit)
- X Pimentos (Fruit)
- X Potatoes (Vegetable)
- X Peppers (Bell, Chili, Paprika, Cayenne) (Fruit)
- X Tobacco (Leaf)
- X Tomatillo (Fruit)
- X Tomatoes (Fruit)

YES! Veggies/Foods - Commonly Mistaken Nightshades

- ✓ Carrots
- ✓ Onions
- ✓ Broccoli
- ✓ Beets
- ✓ Mushrooms - A Funghi
- ✓ Yams

Source: <https://gundrymd.com/nightshade-vegetables/>