

# Are Green Potatoes Really Poisonous?

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Although it sounds like it might be a myth, such as the old, erroneous belief that tomatoes can be a deadly poison, food scientists confirm that green potatoes are dangerous. They contain high levels of solanine, a toxin that can cause nausea, headaches and neurological problems.



All potatoes produce small amounts of solanine as a form of natural insecticide. But potatoes that undergo prolonged exposure to light and warm temperatures can produce unusually high amounts of solanine. The green color is caused by similarly high levels of chlorophyll, which is produced at the same time.

A person weighing 100 pounds would have to eat about 16 ounces of green potato -- about one large baked potato -- to get sick.

[The New York Times July 3, 2007](#)

## Dr. Mercola's Comments:

It is important to first of all realize that potatoes are not your healthiest food choice. It is far better to go for the deep dark green vegetables. But if you are going to consume potatoes, it would be best to apply the results of the study.

SO if you were considering cooking up those potatoes, even though they've developed a green tint, think again. Fortunately, there is a solution to the problem. Store your potatoes in a cool, dimly lit area or cupboard, and cut away any green sections before you eat them. Also, toss them if they taste bitter. Those steps should prevent you from having to deal with a toxic solanine overdose.

Another thing to consider -- this time while you're buying the spuds -- is to look for organically grown varieties, as [genetically modified potatoes](#) have been found to be [carcinogenic](#).

Minimizing potato intake and other high glycemic vegetables is essential for maintaining balanced insulin levels. You simply don't have the mechanisms to incorporate the high carbohydrates from starch- and sugar-rich foods into your diet without causing some serious damage to your insulin levels and then subsequently your health. In short, it is highly likely you are consuming far too much bread, cereal, pasta, corn, rice, potatoes which can have very grave consequences to your health. Potatoes, like all of these foods, cause dangerously increased [insulin levels](#) in most people, so it would be wise to restrict them in your diet.

Reference website: <http://articles.mercola.com/sites/articles/archive/2007/07/19/are-green-potatoes-really-poisonous.aspx>