

7 Shocking Side Effects of Eating Tomatoes

By Leian Naduma, Medical Daily



The red fruit offers several health benefits such as improving heart health, skin rejuvenation and boosting metabolism. When eaten in excess, however, tomatoes cause certain side effects that are bad for the body. These include diarrhea, kidney problems and body pains.

Diarrhea

Raw tomatoes are susceptible to salmonella contamination which causes diarrhea. Those who suffer from tomato intolerance are at higher risk of digestion problems. A study published in the U.S. National Library of Medicine found that contaminated tomatoes in Newport caused salmonella outbreaks. So the next time you buy tomatoes, choose them well.

Kidney Stones

As per NDTV Food, eating tomatoes in excess can cause kidney stones to form. Since the fruit is rich in oxalate and calcium, it is not easily broken down if you consume excessive amounts of these nutrients. The extra nutrients would then accumulate in the body and possibly lead to the formation of kidney stones.

Joint Pain

Swelling and joint pain are common side effects of consuming excessive tomatoes. The fruit is rich in solanine, which is a compound that builds up calcium in the tissues. Excess amounts thereof cause inflammation and body pains.

Acid Reflux

Tomatoes are also rich in citric and malic acid. When too much of these substances accumulate in your stomach, the organ will be packed with compounds that cause heartburn or acid reflux

since these add up to gastric acid used by the body to break down the food that you eat. People who suffer from digestive stress or gastroesophageal reflux disease (GERD) are discouraged from eating more tomatoes than the recommended dosage per week.

Lycopenodermia

Lycopene is a carotenoid pigment that is found in tomatoes, berries and other fruits. It improves heart health and protects against cardiovascular cancer, as per Healthline. When you consume too many tomatoes, large amounts of lycopene enter the body which may result in skin discoloration. Thus, it is recommended to consume 75 milligrams of tomatoes at most per day to prevent lycopenodermia.

Allergic Reactions

Tomatoes are also rich in histamines, compounds that activate the immune system signals to attack external threats. Consuming food that is rich in this compound leads to the development of rashes and causes allergic reactions. For those who are medically recognized as allergic to the fruit, they may suffer symptoms such as sneezing, swelling of the tongue, mouth and face and even throat irritation and shortness of breath.

Poisoning

According to WebMD, tomato leaves are toxic to the body. Consuming it leads to severe throat and mouth irritation, vomiting, dizziness, diarrhea, headaches, mild spasms and even death to those who are already allergic to tomatoes.