

GREEN IRISH POTATOES CAN BE POISONOUS!!!



*Potatoes contain glycoalkaloids (solanine and chaconine), which are substances that can be poisonous in high concentrations. Glycoalkaloid concentrations increase with damage, age and exposure to high levels of light. Small doses of these substances can cause **head-aches**, **vomiting**, **diarrhoea**, **cramps** and in severe cases **coma** and **death**.*

PROTECT YOURSELF!!!!!!!!!!!!!!

- (1) Do not buy or eat potatoes with sprouts present or that contain green colouration.*
- (2) Store potatoes away from direct light and moisture (preferably in the dark).*
- (3) Store potatoes at low temperatures.*

NOTE: *Cooking, frying and boiling potatoes at high temperatures do not fully destroy glycoalkaloids.*

