

Do Tomato Seeds Cause Kidney Stones? Here's The Truth

CUREJOY EDITORIAL



While tomatoes do contain oxalate, with 5 mg oxalate per 100 g of tomatoes, the amount is too small to precipitate into kidney stones. So contrary to a circulating myth, tomatoes do not cause kidney risk in healthy people. However, people with a history of kidney problems, including kidney stones, should reduce or avoid tomato intake because of their high potassium content

Tomatoes are easily one of the most popular vegetables (fruits) across cultures and cuisines. Whether you're popping them into curries, whipping up salads, boiling up broths or hearty stews, these recipes just wouldn't be the same without tomatoes. A rich source of antioxidants, vitamins, minerals, and fiber, tomatoes bring a lovely fresh, tangy, and savory note to food. However, as amazing as they are, tomatoes and their seeds, specifically, are believed to cause kidney stones. But are these refreshing fruits really to be blamed? Kidney Stones Are Mineral And Acid Salt Deposits
Kidney stones are hard deposits of minerals, oxalates, calcium, and uric acid in the kidneys, formed through a process called precipitation. These stones do not develop overnight. Accumulating over months and sometimes years, tiny crystals build up to become bigger, more detectable stones. They sometimes lodge themselves in your urinary tract, obstructing the flow of urine and causing pain. This pain can be excruciating and is often compared to that of childbirth! People who are prone to stones tend to quickly go "off balance" and form stones repeatedly.

Do Tomato Seeds Cause Kidney Stones?

Origin of this myth (there's your answer!) – the oxalate in tomato seeds, 5 mg in every 100 gm of tomatoes. The truth? The amount is too small to develop into kidney stones in healthy people. If you have a history of kidney problems, including kidney stones, *then* it makes sense to avoid tomatoes. But here again, the oxalate is less of the problem, the high potassium is.

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Alcohol disrupts sleep. Period.

As even more studies call a spade a spade on alcohol, here's one more. It says that even light to moderate alcohol consumption – "moderate" generally meaning 1 glass a day for women and 2 for men – is enough to interfere with how restful your sleep is. It does this in a nonsexist, not-judging-how-active-you-are manner, but with a bigger impact on younger individuals.

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A low-carb diet for type 1 diabetes?

Reopening the discussion of whether a low-carb diet should be suggested to those with type 1 diabetes, a study suggests it helps both kids and adults manage their condition better. Cut down on the likes of potato, bread, and sugar and focus more on protein and non-starchy veggies is what it says. And it does not seem to interfere with growth in kids. Let's wait for the final verdict.

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Unlocking the secrets of a cancer-fighting flower

A chemical extracted from a small flowering plant has helped in the fight against cancer for decades. Now, after a 60-year hunt, scientists have finally uncovered how it creates this medically important molecule. By

[Tim Newman](#)



This small flowering plant houses an inscrutable chemical processing plant.

The Madagascar periwinkle, or rosy periwinkle, is a pleasing little plant that adorns many a garden.

But there is more to this angiosperm than meets the eye — in fact, it's a life-saver.

For decades, scientists have eagerly extracted a chemical called vinblastine from its leaves.

In Canada, in the 1950s, scientists discovered that vinblastine is an incredibly useful [cancer](#) drug.

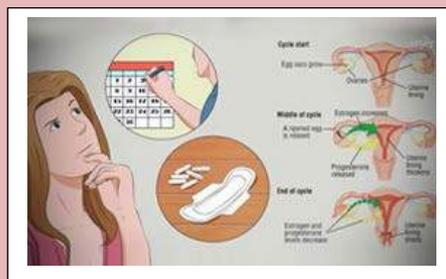
It stops cells from entering mitosis, thereby interrupting cell division, and it has been used against bladder, testicular, lung, ovary, and [breast cancer](#).

The World Health Organization (WHO) [list it](#) as an essential medicine, classing it as one of "the most efficacious, safe, and cost-effective medicines for priority conditions."

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8 Potential Causes Of Irregular Periods



How walnuts benefit your gut bacteria and overall health

By [Ana Sandoiu](#)

[Fact checked](#) by Jasmin Collier

Walnuts have been shown to have wide-ranging health benefits — from strengthening our hearts to reducing our risk of cancer. Now, new research sheds light on the mechanisms that may explain these benefits.



New research explains why walnuts are so great for our all-round health.

In case you didn't know, walnuts are a veritable treasure trove of health benefits.

A rich source of [antioxidants](#), this delicious snack has been shown to [reduce the risk of colon cancer](#), [lower cholesterol levels](#), [keep heart disease at bay](#), and even [strengthen our brains](#).

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[How walnuts benefit your gut bacteria and overall health](#)