**Top daily foods dangerous to your health**

Do you know that some of the foods that we eat everyday are dangerous to health? Eating too much of them is so bad that it can make you sick or even kill as most of these foods are poisonous. Let us see what they are in the following.

**Almonds:** Most people refer it as nut but it is a seed. Though it looks raw but they are not raw. Bitter almonds are said to be used in preparing poisonous pills - cyanide. The smell of bitter almonds describes the smell of cyanide. A 67-year-old woman without knowing the seriousness of bitter almonds consumed more than 12 almonds. Within the next 15 minutes she was found to have severe abdominal pain and crumpled in her wash room. It was said that she was very near to death, which somehow she managed to survive. The other variety sweet almonds are safer.

**Potatoes:** Potatoes are highly tasty and snacks made out of it are unbeatable. But its stem and leafy greens seems to contain solanin. They are poisonous in small amounts. According to the NIH, regular potatoes are healthy and fine but those that are spoiled under the sun should be thrown out. Even the sprouts hold the solanine effect and it is advisable not to use them. Some of its effects include diarrhea, fever while the major effects are hypothermia, shock, paralysis and hallucination.

**Beans**: Beans commonly used in rice, soups, salads hold high fiber, carbohydrates, iron and protein. It is one of the favorite foods for vegetarians as it has high nutrition value. But apart from its goodness, it is proved that it contains lectin that has chances to acts as a powerful insecticide. The toxin phytohaemoggluttinin is present in kidney beans and has large chances to cause vomiting, nausea, diarrhea and abdominal pain in the next three hours of consumption. With boiling the beans for 10 minutes, the toxins can be neutralised. To be on the safe side, it is best to opt for canned beans and avoid packaged ones.

**Apples, plums, peaches and cherries:** It is better not to eat the pits of stoned fruits as crushing, chewing or damaging them can activate the cyanide content present in them. Just like almonds, fruits like apples, peaches, plums and cherries may not induce any reaction if it is eaten whole but the pits of these fruits are not good to eat at all.