

14 harmless food but if overdose can cause death

No kidding! Filtered water can also kill you. Please refer to 14 harmless foods but if overdose can be lethal in the article below!

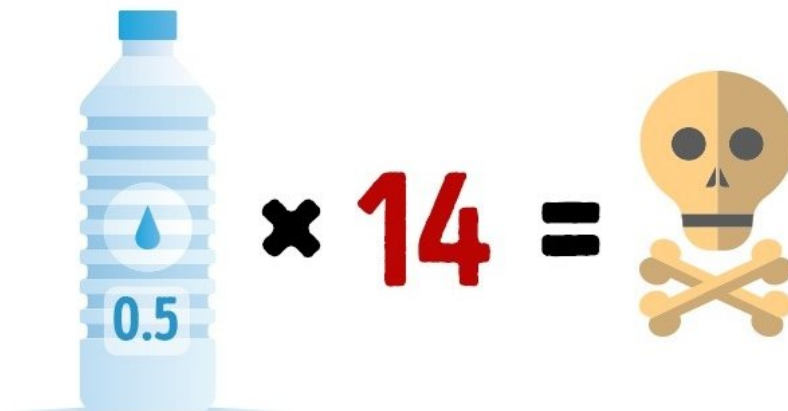
1. 10 reasons why you eat endlessly
2. Simple way to "identify" insect bites
3. What will happen to our body if the Sun suddenly disappears?

According to **Paracelsus** , a famous alchemist said: ' *Any substance, no matter how fat is added, can become poison if eaten, breathed or absorbed too much. The amount of absorption into the body can make it a poison or a medicine* '.

So, how much is the food content absorbed into the body safe?It is both a research and evaluation process. In order to be able to eat safely, we have found that the number of popular foods and goods today can become a lethal poison that we all need to take into account.

No kidding! Filtered water can also kill you . Please refer to **14 harmless foods but if overdose can be lethal** in the article below!

1. Water

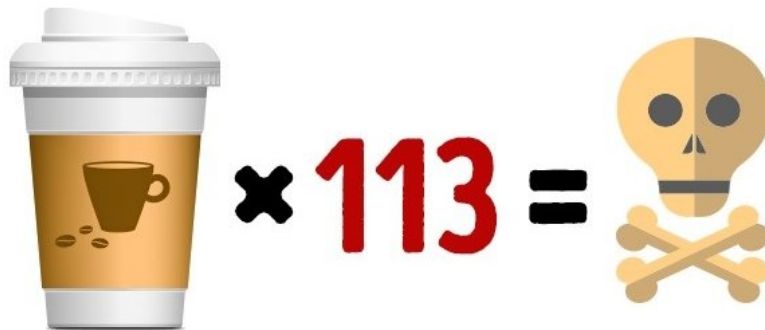


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Everyone must have heard that everyone should drink 2 liters of water a day, right? But if you drink three times as much water as that, your kidneys will not be able to handle it. **Results can lead to internal organs and brain edema, respiratory failure** . So you may be suffering from water poisoning! And this was recently demonstrated by Jennifer Strange - who died after drinking 7.5 liters of water in the ' *Hold Your Wee for a Wii* '

competition.

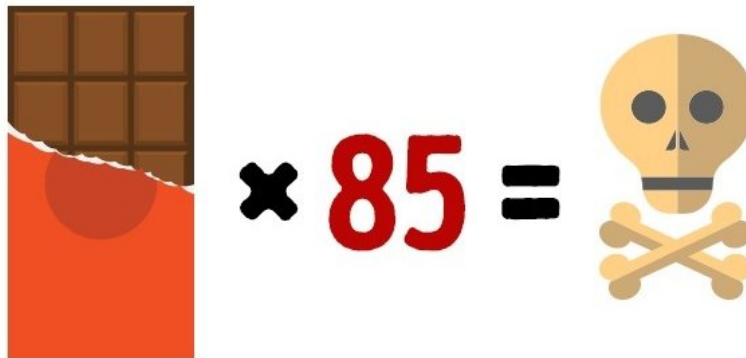
2. Coffee



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14 grams of caffeine is considered to be a fatal dose . It is equivalent to about 113 coffee cups (*250 ml*). It is worth mentioning in this case that a person may not die from caffeine overdose and will die from water poisoning by 113 cups of coffee equivalent to about 30 liters of water. So, if you don't eat instant coffee or instant coffee, you're perfectly safe.

3. Chocolate



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Chocolate contains a small amount of **theobromine** . This substance is a strong irritant to the central nervous system. However, if you eat 10 kg of chocolate at the same time, it can lead to nausea and diarrhea, followed by pulmonary edema, internal bleeding, myocardial infarction and eventually death.

4. Alcohol



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For a healthy man, the lethal dose will be **1.25 liters of alcohol containing 40% alcohol** . However, this will only happen if the person drinks the alcohol for an hour and does not eat anything else.

5. Tobacco



© pixabay

It is estimated that each cigarette contains about 0.8 mg of nicotine, if smoking 75 cigarettes in a row can cause you to die.

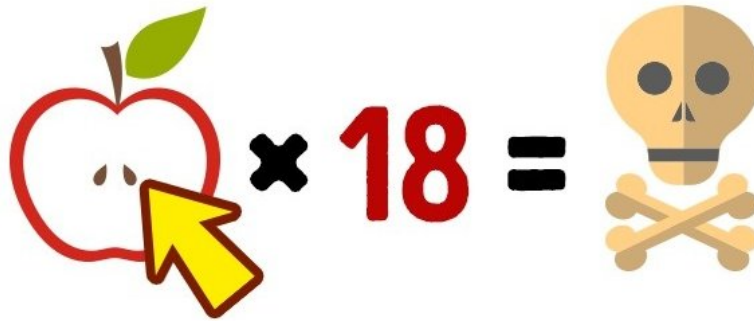
6. Marijuana



© pixabay

For marijuana it's a little different. Fatal doses of about 680kg (1,500 lb) are smoked within 15 minutes or about 21kg (48 lb) at the same time. Even **Snoop Dogg** (*an American rapper, record producer, cannabis producer, actor and artist*) cannot do this.

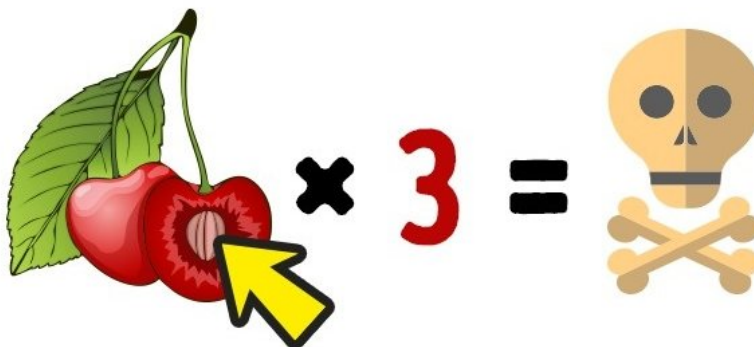
7. Apple seeds



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You will not die from eating 18 apples. But if you take the seeds from those 18 apples, chew them thoroughly and swallow them, you will likely die from apple seeds. Because apple seeds contain **cyanide**.

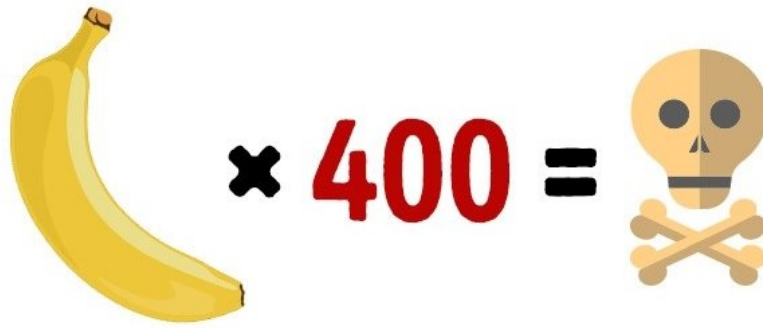
8. Cherry seeds



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Like apple nuts, many people like chewing cherries, but they are unaware that cherries contain cyanide (*as well as apricot seeds, peach seeds and almonds*) - a dangerous poison. **Just eat 3 cherries, you can also die** . In the past, there was a guy who ate a cherry seed at first, and found it quite delicious, then he ate two more grains and died.

9. Banana



© pixabay

Bananas contain potassium, so overdose can be fatal . However, for this to happen, you will have to eat 400 bananas at the same time.

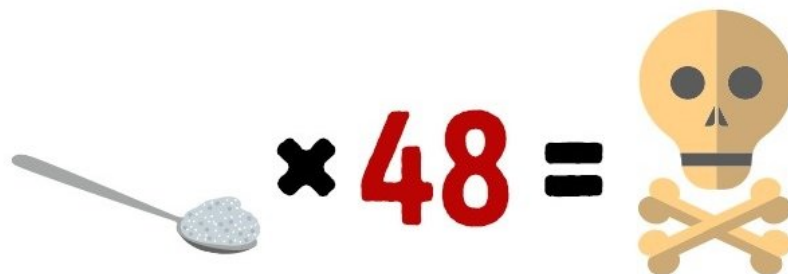
10. Cam



© pixabay

To die from eating too many oranges, you will need to consume 11,000 oranges at the same time.

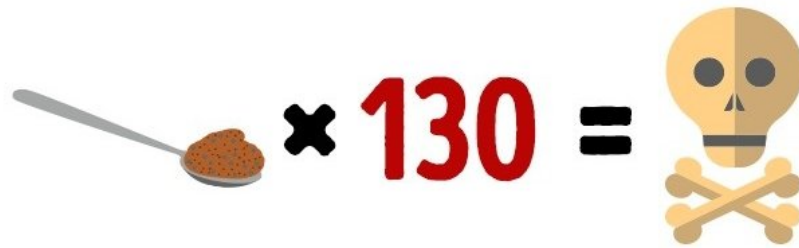
11. Salt



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The human body needs about 2.8 grams of salt per day. The amount of salt can be lethal at about 255 grams, equivalent to 48 teaspoons. If someone chooses this way to commit suicide, it is really a wrong choice because this death will be long and painful.

12. Peppers



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You will need 130 teaspoons of chili to die. But your body will probably say ' *No* ' because the chili is very hot and spicy.

13. Road



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To be able to die, a man needs to eat 500 teaspoons of sugar at the same time.

14. Toothpaste



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In theory, you will need to eat **24 tubes of toothpaste to die** . So please, don't do it.

Think of this as a general rule: Don't eat too much of your favorite food!

See also: 5 daily jobs are thought to be harmful to your health

Having fun!

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