



Published on *British Columbia Drug and Poison Information Centre (BC DPIC)* (<http://www.dpic.org>)

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Cherry Pit

Article type:

poison information

Access:

public



Cherry Pits (*Prunus* genus): The following information refers to the pit inside the edible cherry.

Is it toxic?

All parts of the cherry tree are toxic except the fruit. Poisoning is not expected when the hard pit is swallowed whole. The body does not digest the pit so it just passes through the gastrointestinal tract and is excreted in the stool. The main concern with young children ingesting the pit would be the choking hazard.

Health Effects:

Ingestion: Toxicity is not expected when swallowing the intact pit.

What to do?

Ingestion: Drink a glass of water or milk.

How can I prevent exposure? The pits should not be broken open and swallowed.

Need more information: Call the Poison Control Centre.

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Keywords:

plants: cyanogenic glycoside

We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the xʔmʔʔkʔʔyʔʔm (Musqueam), Skʔwxʔwuʔ7mesh Uʔxwumixw (Squamish Nation), and sʔlʔilwʔtaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our centre is located.

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Source URL (retrieved on 2025-10-09 00:49): <http://www.dpic.org/faq/cherry-pit>