



SLEEPY FOODS

‘All of these foods contain an essential amino acid called ‘TRYPTOPHAN’, this specific amino acid converts to the neurohormone Melatonin which is produced for sleep.’

MILK AND MILK PRODUCTS

Traditional milky products, yoghurts and soya milk

MEAT

Chicken and Turkey

FISH

Cod, Tuna, Mackerel and Salmon

CHEESE

Cheddar cheese, Cottage cheese and Tofu.

FRUITS

Apples, Bananas, Blueberries, Strawberries, Avocados, Pineapple and Peaches.

VEGETABLES

Spinach, Asparagus, Green peas, Broccoli, Tomatoes, Cabbage, Cauliflower, Mushrooms, Cucumber and Potatoes.

NUTS

Walnuts, peanuts, Cashews, Pistachios, Chestnuts, Almonds.

**Please follow age related guidelines for this food group*

SEEDS

Ground Flax, Sesame, Pumpkin, Sunflower.

LEGUMES

Kidney beans, Chickpeas, Mung beans, Lima beans, Soybeans

GRAINS

Brown rice, Wheat, Oats, Barley, Corn.

BREAD

Wholewheat bread products