**Foods to help sleep**

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| **Food Group** | **Specific Foods** |
| Milk and Milk Products | Traditional milk products (warm), yogurt and soya milk |
| Meat | Chicken and turkey |
| Fish | cod, tuna, mackerel, salmon,  |
| Cheese | Cheddar processed cheese, cottage cheese, tofu,  |
| Fruits | Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches, cherries |
| Vegetables | Spinach, asparagus, green peas, broccoli, tomatoes, cabbage, cauliflower, mushrooms, cucumbers, potatoes |
| Nuts | Walnuts, peanuts, cashews, pistachios, chestnuts, almonds |
| Seeds | Ground flax, sesame, pumpkin, sunflower seeds  |
| Legumes | Mung bean, soybeans, kidney beans, lima beans, chickpeas |
| Grains | Wheat, brown rice, red rice, barley, corn, oats |
| Bread | Whole wheat bread |