

tryptophan stars include:

- ~ seeds, nuts, nut butters & milks
- ~ soy foods
- ~ beans & legumes
- ~ poultry & meat
- ~ dairy products



serotonin & melatonin stars include:

- ~ nuts & seeds, particularly walnuts
- ~ grains such as brown rice, wheat germ, & whole grain cereals
- ~ fruits such as bananas, pineapples, kiwi, plantains, melons, sour cherries, & avocados
- ~ beans & legumes - including soy
- ~ oils such as flaxseed, canola, safflower, & sunflower
- ~ dairy, particularly egg whites
- ~ vegetables such as corn, broccoli, green leafy vegetables, & potatoes baked with skin



some all-star food suggestions that support sleep

- ~ brown rice, black beans, avocado, & fried plantains
- ~ whole grain or gluten-free Mac & cheese with corn
- ~ sour cherry crumble made with oats, walnuts, & stevia/agave
- ~ turkey-potato casserole
- ~ double-baked potato with broccoli