

# optimal foods for insomnia

These foods emphasise the nutrients associated with insomnia (i.e. choline, magnesium, thiamine, zinc, niacin, folate, vitamin B6, vitamin A and copper). From a macronutrient perspective, these foods are 44% protein, 16% fat and 28% net carbohydrates with a low energy density of 134 calories per 100g.

## vegetables

- spinach
- coriander
- basil
- watercress
- asparagus
- lettuce
- chicory greens
- Chinese cabbage
- endive
- seaweed (laver)
- chard
- okra
- white mushroom
- parsley
- amaranth leaves
- alfalfa
- portabella mushrooms
- beet greens
- zucchini
- mung beans
- chives
- escarole
- yeast extract spread
- seaweed (wakame)
- dill (fresh)
- shiitake mushroom
- arugula
- broccoli
- summer squash
- cauliflower
- banana pepper
- mustard greens
- artichokes
- turnip greens
- sauerkraut
- spirulina
- radicchio
- collards
- snap beans

- celery
- cabbage
- seaweed (kelp)
- paprika
- kale
- sage
- red peppers
- Brussel sprouts
- radishes
- pinto beans
- marjoram
- tarragon
- peas
- pumpkin
- soybeans
- butternut squash
- chayote
- jalapeno peppers
- edamame
- winter squash
- thyme
- onions
- turnips
- eggplant
- carrots
- pickles
- cucumber
- red cabbage

## spices

- basil
- dill (fresh)
- paprika
- sage
- marjoram
- tarragon
- thyme

## offal

- liver
- heart

- kidney
- brains

## animal products

- chicken breast
- veal
- pork chops
- pork shoulder
- ground pork
- leg ham
- sirloin steak
- turkey
- ground beef

## seafood

- crab
- oysters
- octopus
- crayfish
- lobster
- salmon
- mussel
- halibut
- pollock
- caviar
- tuna
- haddock
- cod
- fish roe
- sturgeon
- white fish
- shrimp
- welk
- herring
- anchovy
- trout
- rockfish
- clam
- whiting
- molluscs
- scallop