

Sleepy foods

Food Group	Specific Foods
Milk and Milk products	Traditional milk products (warm), yoghurt and soya milk
Meat	Chicken and turkey
Fish	Cod, tuna. Mackerel and salmon
Cheese	Cheddar processed cheese, cottage cheese.
Fruits	Apples, bananas, blueberries, strawberries, avocados, pineapple, peaches and cherries
Vegetables	Spinach, asparagus, green peas, broccoli, tomatoes, cabbage, cauliflower, mushrooms, cucumber and potatoes
Nuts	Walnuts, peanuts, cashews, pistachios, chestnuts, almonds
Seeds	Ground flax, sesame, pumpkin, sunflower
Beans	Soy beans, kidney and chick peas
Grains	Wheat, brown rice, barley, corn oats
Bread	Whole wheat bread