

Power Foods for Sleep and Health Tip Sheet

What is a power food?

Power foods, also known as superfoods, are rich in micronutrients such as vitamins, minerals, antioxidants, phytochemicals, and other substances. (The macronutrients are protein, fat, and sugar.)

Restoring the balance:

- ❖ A high-fat, high-salt, and high-sugar diet has been linked to many diseases and health issues
- ❖ To restore the balance, eat less macronutrients and more micronutrients

Food sleep-killers to avoid:

- ❖ Refined carbs (sugar, white bread, pasta,)
- ❖ Caffeinated foods (coffee, cola, cocoa, chocolate-rich foods)
- ❖ Alcohol
- ❖ Spicy foods
- ❖ Natural diuretics (watermelon, etc.)
- ❖ High protein & fat

Some power foods to eat more of:

- ❖ Leafy greens (kale, spinach, collard greens)
- ❖ Berries
- ❖ Beans
- ❖ Nuts & seeds
- ❖ Onions
- ❖ Mushroom

5 Foods with sleep promoting micronutrients:

Melatonin-rich foods: almonds or almond milk, cherries, pomegranate, oats, mixed nuts & seeds

Tryptophan-rich foods: low-fat yogurt, apples, avocado, bananas, peaches, mixed nuts & seeds

Calcium-rich foods: low-fat yogurt, apples, avocado, bananas, peaches

Magnesium-rich foods: low-fat yogurt, avocados, bananas, mixed nuts & seeds

Vitamin B-rich foods: low-fat yogurt, avocados, bananas, citrus fruits, mixed nuts & seeds

Tips for Eating Healthier:

- ❖ Keep it simple
- ❖ Plan your meals
- ❖ Add more veggies and fruits
- ❖ Eat regular meals
- ❖ Keep junk foods out of the house
- ❖ Surround yourself with healthy foods you enjoy
- ❖ Save less healthy favorites as a treat

Useful links:

MyPlate Meal Planning (USDA)

<https://www.myplate.gov/>

125 Quick Low Carb Dinners Ready in 30 Minutes or Less

<https://www.eatwell101.com/quick-low-carb-dinner-recipes>

90 Low-Carb Dishes

<https://www.delish.com/cooking/recipe-ideas/g3593/low-carb-recipes/>

What to Do If You Live in a Food Desert

<https://www.eatthis.com/food-desert/>