

Foods That Make You Snooze

Improve Your Snooze	Lose Your Snooze
<i>Bananas</i>	<i>Caffeine</i>
<i>Dark Chocolate (75% cocoa or more)</i>	<i>Milk Chocolate</i>
<i>Cherries</i>	<i>Alcohol</i>
<i>Whole Wheat Grains</i>	<i>Artificial Sweeteners</i>
<i>Organic Peanut Butter</i>	<i>Spicy Food</i>
<i>Mushrooms (especially portabella, porcini and chanterelle)</i>	<i>Tyramine (Amino Acid Found in Bacon, Sausage, Aged Cheese, Smoked Meats, Fish and Soy.</i>
<i>Cashews</i>	<i>Soft Drinks</i>
<i>Brazil Nuts</i>	<i>Potatoes</i>
<i>Pumpkin Seeds</i>	<i>Salt</i>
<i>Sunflower Seeds</i>	<i>Onions</i>
<i>Pecans</i>	<i>Heavy Meals</i>
<i>Dried Figs</i>	<i>High Fat Foods</i>
<i>Dried Dates</i>	<i>Ginseng Teas</i>
<i>Dried Papaya</i>	<i>Tomato-Based Sauces</i>
<i>Dried Pineapple</i>	
<i>Milk</i>	
<i>Raw Honey</i>	
<i>Oats</i>	
<i>Almonds</i>	

For More Information on Foods and Sleep:

<http://www.askdrsears.com/topics/family-nutrition/foods-sleep/foods-help-you-sleep>

<http://liveliving.org/balanced-nutrition/5-foods-that-keep-you-awake>

<http://fooddemocracy.wordpress.com/2008/01/28/sweet-dreams-the-right-foods-for-a-good-nights-sleep/>