



Nutrition Nuggets

Foods that Aide Children's Ability to Sleep

Establishing a great sleep pattern for your child is important for you and your little one. Some studies even say that certain foods can help the process. Incorporating these dietary changes can promote sleep and may even help your child sleep longer without interruption. Here are some foods to try before their next nap or bedtime.

Bananas

Bananas are the number one food when it comes to magnesium. Magnesium is a natural muscle relaxant that has proven to be effective in promoting sleep. On top of that, bananas also contain melatonin and serotonin.

Dairy

Dairy products (particularly milk) are jam packed with tryptophan. Tryptophan is the amino acid known for making us feel sleepy after a big meal.

Whole Grains

Complex carbohydrate-rich whole grain foods are a great way to ensure that your child zonks out at an appropriate hour. These types of foods produce insulin which is known to promote sleep.

Chicken (and Turkey)

If you're looking for dinner ideas that are proven effective in promoting sleep, you'll find chicken at the top of the list. Chicken, like dairy products, boasts high levels of tryptophan.

Beans

Beans, like many of the other foods on our list, are also high in tryptophan. These plant based proteins will help your children fall asleep and stay asleep.

Rice

Adding a portion of rice to your weeknight dinners will have a huge impact on your child's sleeping patterns. Rice rates high on the glycemic index, which means your child will experience an immediate boost in energy after eating it, followed by a hard crash a few hours later.

Spinach

Leafy green vegetables, like spinach and cabbage, are high in tryptophan as well. These foods also boast many other health benefits. Spinach is an essential food in any healthy diet, the fact that it will help your child fall (and stay) asleep is just a bonus.

Salmon

Salmon, along with several other types of seafood, is known to stimulate serotonin and melatonin production. As we mentioned earlier in this article, serotonin and melatonin are both known for promoting sleep.

Whole Wheat Pasta

Much like whole grain snacks like pretzels and bagels, whole wheat pasta produce insulin, which is essential for a good night's sleep. Consider preparing a whole grain pasta meal for dinner with some cheese sprinkled ontop (cheese is high in tryptophan, as mentioned earlier in this article). The complex carbs combined with the tryptophan will aid in falling (and staying) asleep.

www.activebeat.com



Solano Family and Children's Services
Child Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
[www.twitter@SolanoFamilyCS](https://twitter.com/SolanoFamilyCS)

CCFP Check Info:
extension 714
CCFP Call-in Line:
extension 703



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: 1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington DC, 20250-9410; 2) Fax: (202) 690-7442; 3) email: program.intake@usda.gov This institution is an equal opportunity provider

Mango Chicken Curry Salad

- | | |
|------------------------------|--|
| 1 pound chicken breasts | 1 red bell pepper cut into 1" cubes |
| 1/4 teaspoon salt and pepper | 1 yellow bell pepper cut into 1" cubes |
| 1 cup fat free Greek yogurt | 1 orange bell pepper cut into 1" cubes |
| 1 1/2 tablespoons curry | 1 head broccoli cut into small florets |
| 1 lime juiced and zested | 2 cups mango chunks |



Cut the chicken breasts into 1" chunks and season with salt and pepper. Heat a cast iron skillet on high heat and spray with cooking spray. Cook the chicken for 3-5 minutes, stir and cook an additional 2-3 minutes until cooked through.

Let the chicken cool and in a large bowl add the yogurt, curry powder, lime juice and lime zest. Whisk well then add in the vegetables.

Finally add back in the chicken and the mango and toss well coating all the pieces in the dressing. Cookingmadehealthy.com

Creating a Bedtime Routine for Your Child

- Do it every day: A nighttime routine for kids should consist of the same steps every night.
- Keep it short and sweet: For most children, a bedtime routine should last around half an hour.
- Keep it up during the day: Following a routine during the day, including setting clear limits, leads to increased sleep duration for young children. Getting lots of exercise, sunlight, and outdoor time during the day can also help them sleep better at night.
- Listen to your child: Although you're ultimately in charge, it's not a bad thing to leave your child some liberty. If things aren't working for your child, feel free to try something different.
- Follow sleep hygiene rules: Keep the bedroom dark, cool, and quiet to promote sleep. Even after bedtime, noise levels in the rest of the house can keep young children awake, so try to transition to quieter activities once you've tucked the kids in.
- Make gradual changes: Try not to introduce more than one change at a time to the bedtime routine and consider delaying these if there are other changes going on, such as moving to a new house or starting school.

Activities before bed

- Nutritious snack or bottle/breastfeeding
- Bath/diaper change/brushing teeth
- Reading a book/singing a lullaby
- Massaging/cuddling/rocking

www.sleepfoundation.org

