

Too many all-nighters?

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aid



Need some rest before that big test?

Eat some tart cherries, pineapple, grapefruit, or tomatoes. They all contain melatonin, a hormone that helps control the sleep cycle. Or try magnesium-rich foods like bananas, apricots, or leafy greens (like spinach, kale, or bok choy). Other easy to eat foods, like pears, berries, and beans can help boost levels of serotonin, a hormone that helps to calm the brain.

*Produce is
Powerful!*

And a calm brain is a happy brain.

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**Tarrant County
Public Health**

Source: University of Texas Health Science Center, San Antonio, Human Nutrition Research Center, North Dakota University of Maryland Medical Center