

## **Good bedtime snack options**

- *Whole Grain Toast With Almond Butter ( magnesium)*
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- *A Cup Of Soup*
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- *Ham And Cheese Roll Up*
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- *Whole Grain Graham Cracker Topped With Cottage Cheese ( magnesium)*
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- *A banana(magnesium as well as potassium, another potent muscle relaxer)*
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- *Oatmeal ( magnesium)*
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- *Whole grain cereal (use low fat milk)*
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- *Whole grain crackers (can also add a thin spread of peanut butter)*
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- *A hardboiled egg*
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- *A handful of unsalted almonds*
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- *A couple of slices of wholegrain toast with a thin slice of low fat cheese.*
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- *Cottage cheese or low fat yogurt mixed with fruit- cherries are thought to be particularly good for a restful night as they are naturally high in melatonin, a sleep inducing chemical.*
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- *A glass of low fat milk*
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- *Plain pop corn*
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- *Mozzarella cheese packs nearly twice as much tryptophan as the lean protein.*