

Tryptophan: Mood Swings, Insomnia, Anxiety, Fatigue

Ideally, eating foods with higher levels of tryptophan at each meal especially during dinner will enable the body to convert it into serotonin. People who are using or have used acid reducing medications will be challenged in this conversion. Supporting proper digestion with concurrent stomach healing will increase this natural process especially those with challenged digestion. Unfortunately, tryptophan competes with other neurotransmitters for escort across the blood brain barrier. Since it is naturally the runt of the litter, it is always last across. When the brain is starving for serotonin, the symptoms are usually fatigue, depression, mood swings, sweet cravings, anxiety, emotional imbalances, etc.

Choose from the following protein sources during meals, ***especially dinner***:

Protein	Tryptophan Level	Protein	Tryptophan Levels
Chicken, 4oz.	390	Scrambled eggs, 2	200
Pork Loin, 4oz.	390	Spaghetti, whole wheat cooked 2 cups	190
Cheddar cheese, 1 cup	330	Kidney Beans, 1 cup	180
Ground Beef, 4oz.	320	Almonds, ½ cup	170
Tuna, 4 oz.	310	Lentils, 1 cup cooked	160
Cottage Cheese, 1 cup	300	Milk, 8 oz.	110
Tofu, 4 oz.	280	Soy Milk, 8 oz.	110
Salmon, 4 oz.	250	Yogurt, 8 oz.	70
Soy Protein Powder, 1 oz.	220		

About 1 hour before bedtime eat **one** item from the following list;

Food	Index	Food	Index
Potatoes, 1 baked	323	Pasta, 1 cup cooked	119
Apple, orange, pear, 1 whole	157	Cornflakes, 1 cup	118
Popcorn, 1 cup popped	154	French fries, ½ cup	116
Rice, 1 cup cooked	138	White bread, 1 slice	100
Crackers, 5 wheat	127	Orange juice, 4 oz.	96
Whole wheat bread, 1 slice	120	Chips, potato 1 cup	91

Eating these foods before bedtime raise the insulin level in the blood and moves tryptophan into the brain and raises your serotonin levels in the middle of the night. **These must be eaten without protein at bedtime!** The more complex the carbohydrate at bedtime, the better.