MELATONIN

Insomnia affects nearly one third of the general population. It has been reported that melatonin improves sleep efficiency, and it has been found that eating melatonin-rich foods can assist in getting a good night's sleep. During the last few decades, melatonin has been widely identified and qualified in various foods.

Studies also show that melatonin exhibits many bioactivities, such as antioxidant activity, anti-inflammatory characteristics, boosting immunity, anticancer activity, cardiovascular protection, anti-diabetic, anti-obese, neuroprotective and anti-aging activity.

Food Sources of Melatonin

- Pistachio nuts (233,000 ng/g DW)
- Mushrooms (4,300-6,400 ng/g DW)
- Lentils (1,089.8 ng/g DW)
- Red rice (212.01 ng/g DW)
- Black rice (182.04 ng/g DW)
- Wheat (124.7 ng/g DW)
- Chinese wolfberry (103 ng/g DW)
- Cranberries (96 ng/g DW)
- Oats (90.6 ng/g DW)
- Barley (82.3 ng/g DW)
- Whole grain short rice (47.83 ng/g DW)
- Basmati rice (38.46 ng/g DW)
- Sunflower seeds (29 ng/g DW)
- Fennel seeds (28 ng/g DW)
- Tomatoes (23.87 ng/g DW)
- Tart cherries (13.46 ng/g DW)

Please use this as a guideline. This list of foods is not a diet plan.