

Sleep Matters Optimize It!

Nothing beats a good night's sleep. Chronic lack of sleep may lead to disease, mood disorders and accidents. In addition to strategies to improve sleep like regular exercise, exposure to daylight, following a bedtime routine and sleeping in a dark room, dietary choices play an important role in sleep.

**Aim for 7-9
hours per night**

Emerging research suggests that there is a relationship between sleep and diet quality, implying that a better diet could lead to better rest. Repeated studies have shown that a Mediterranean-style diet is associated with overall improved sleep quality. Additionally, foods with certain nutrients, like calcium, magnesium, potassium, B6, tryptophan, serotonin, melatonin and protein may improve sleep.

Mediterranean Diet Defined

A high fiber, minimally processed, plant-based diet with smaller amounts of lean meat and more servings of vegetables, fruits, nuts, seeds, legumes and whole grains. Primarily uses olive oil and includes fish and other seafood.

Choose these foods to promote better sleep:

- **High Tryptophan Foods Combined with Whole Grains** – high tryptophan foods include oats, milk, canned tuna, poultry, nuts and seeds
- **Kiwi** – high in antioxidants and serotonin
- **Protein Foods** – lack of adequate protein can affect sleep quality and duration; choose lean meat, seafood, and plant-based protein (like legumes, nuts, seeds and whole grains) most often
- **Tart Cherries** – contains high levels of melatonin and antioxidants
- **Walnuts** – high in melatonin, serotonin, and polyphenols

Avoid these foods or dietary habits for better sleep:

- **Alcohol** – leads to poor quality sleep or lack of deep sleep
- **Caffeinated Beverages** – can alter sleep time, onset, and quality
- **Desserts** – high fat and sugar foods before bed can make it more difficult to fall asleep
- **Skipping Meals** – lack of food can lead to drops in blood sugar and insulin, resulting in affected sleep quality

St. Charles AAA

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Riblet Ranch Beans Chuckwagon Corn Hamburger Bun Orange Juice	3 Teriyaki Meatballs Rice Asian Vegetables Pineapples Wheat Bread Raisin Creme Cookie	4 Sausage & Pinto Bean Brown Rice Spinach Cucumber Salad Cornbread Cranberry Juice Margarine	5 Chicken Fettuccine Glazed Carrots Southern Green Bean Wheat Bread Oatmeal Creme Pie	6 Ham & Cheese Lettuce & Tomato Pickled Beets Wheat Bread (2) Fruited Gelatin Mustard Mayonnaise
9 Chicken & Sausage Jambalaya Cabbage Green Peas Wheat Bread Fresh Apple	10 Beef Tips Brown Gravy Yams California Blend Vegt Wheat Bread Fruit & Grain Bar	11 Red Beans & Sausage Brown Rice Orange Juice Spinach Cornbread Fudge Round Margarine	12 Beef Patty Pepper & Onion Gravy Au Gratin Potatoes Glazed Carrots Wheat Bread Mandarin Oranges Margarine	13 Hot Dog with Chili Bayou Slaw Fiesta Potatoes Hot Dog Bun Hot Spiced Apples
16 Swedish Meatballs Smothered Potatoes California Blend Vegt Wheat Bread Raisin Creme Cookie	17 Sliced Ham with Raisin Sauce Glazed Carrots Green Peas Dinner Roll Fruited Gelatin	18 Chkn/Sausage Gumbo Rice Okra & Tomatoes Potato Salad Wheat Bread Birthday Cake Ice Cream	19 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Pineapple Cobbler Mustard/Ketchup Mayonnaise Chocolate Milk	20 Baked Chkn Leg Qrt Brown Gravy Sr Crm/Chive Potatoes Southern Green Bean Wheat Bread Seasonal Fruit
23 Smothered Chicken Garlic Whip Potatoes Blackeyed Peas Wheat Bread Star Crunch	24 Beef Taco Salad Shredded Cheese Lettuce & Tomato Chuckwagon Corn Tortilla Chips Mixed Fruit Cobbler Taco Sauce Sour Cream	25 Turkey Breast Brown Gravy Whipped Potatoes Glazed Carrots Wheat Bread Snickerdoodle Bar Margarine	26 Breakfast Sausage or Ham Grits Cranberry Juice Hot Spiced Apples Biscuit Oatmeal Crème Cookie Margarine/Jelly	27 Summer Special Honey Mustard Chicken Salad Tossed Salad Tri-Color Bean Salad Saltine Crackers Fruited Gelatin Salad Dressing
30 King Ranch Chicken Cabbage Green Peas Dinner Roll Oatmeal Creme Pie	31 Hamburger Lettuce/Tomato/Onion Chuckwagon Corn Hamburger Bun Tropical Fruit Crisp Mustard/Ketchup Mayonnaise Chocolate Milk		Each Meal is Served with 1/2 Pint of 2% Milk	 <p>TRIO Community Meals an elior company</p>