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# THE KEY TO PREVENTING SICKNESS & ANTI-AGING - MELATONIN

The quality and quantity of sleep, diet, and physiological factors are closely linked. The food we eat contains many nutrients that can help us sleep better. As we all know, melatonin is not only a good helper to promote sleep, but also an important element to adjust jet lag, relieve stress, strengthen immune function, and delay aging. Among the many sleep aid nutrients, we first recommend “tryptophan”, which is the precursor of melatonin. Melatonin is produced by serotonin secreted during the day. If the secretion is small, it is difficult to fall asleep. It is recommended to eat more protein foods rich in tryptophan, such as soy milk, milk, nuts, eggs, and high-quality fish.

The second push is that GABA is an amino acid called “gamma-aminobutyric acid”, which is rich in sprouted brown rice, eggplant, tomato, potato, and other vegetables. When the nerves are overexcited to cause tension, anxiety, depression, insomnia, and other symptoms, GABA can be adjusted in time to stabilize the overexcited nerve cells, help the brain relax, and make the physical and mental state more peaceful, peaceful, and soothing.

The “Daily Dietary Guidelines Manual” issued by the Health Promotion Administration, the Ministry of Health and Welfare of Taiwan covers 6 categories of food and is the best dietary indicator worthy of reference. Whole grains, rhizomes, rich in the vitamin B group, can eat 1.5-4 bowls; beans, fish eggs, meat, containing tryptophan, can take 3-8 servings; vegetables, containing potassium, magnesium, and other nutrients, can take 3-5 servings; Fruits, containing vitamin C, can take 2-4 servings; dairy products, containing calcium, can take 1-2 cups; oils and nuts seeds, containing tryptophan, can take 3-7 teaspoons.

Diet and sleep quality are closely related. In addition to eating the right food, you should also pay attention to your eating habits. We encourage people to use natural sweeteners, eat regularly, and consume more whole grains, deep-sea fish, and decaffeinated tea. Meanwhile, insomniacs are also reminded not to eat high-sugar foods and eat and drink before going to bed, so as not to be too full and prone to flatulence. Avoid skipping breakfast and empty calorie carbohydrates, so as not to cause nutritional imbalances, and do not drink before going to bed. After alcohol metabolism is completed, it will cause problems of easy awakening and reduced deep sleep.

