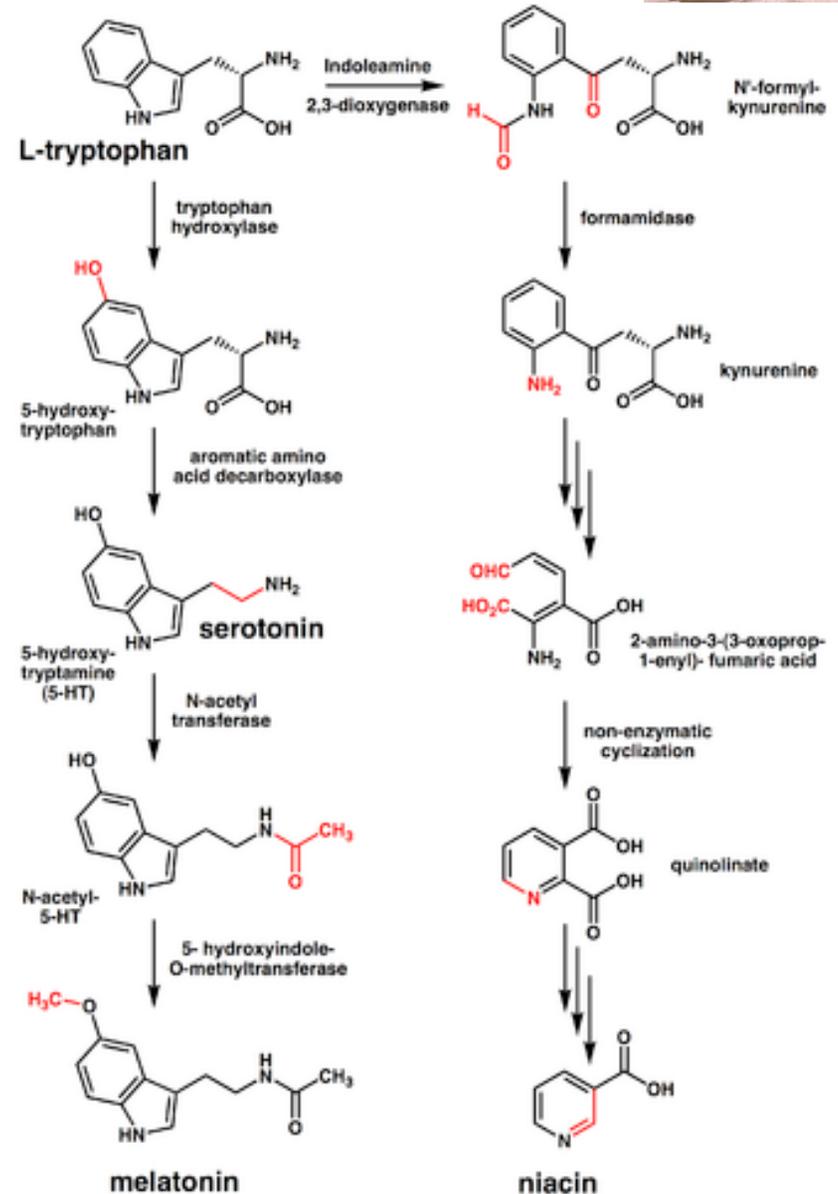


Thanksgiving



Why do you get sleepy?
What's the deal with
tryptophan?

Melatonin is a chemical associated with our circadian clock. Our body produces lots of melatonin (from tryptophan) when it gets dark outside. We associate the presence of this chemical with being sleepy.



Thanksgiving



Tryptophan food sources

Tryptophan content (gram/100 grams food)

cowpea, catjang, mature seeds, raw	0.294
Salami, Italian, pork	0.253
lentils, raw	0.251
<u>Turkey, all classes, meat only, raw</u>	<u>0.25</u>
Peanuts, all types, raw	0.25
<u>Turkey, fryer-roasters, meat and skin, raw</u>	<u>0.247</u>
<u>Chicken, broilers or fryers, thigh, meat only, raw</u>	<u>0.23</u>
<u>Chicken, broilers or fryers, wing, meat and skin, raw</u>	<u>0.195</u>
Turkey, breast meat, raw	0.194
Nuts, almonds	0.192
Egg, yolk, raw, fresh	0.177
Nuts, walnuts, english	0.17
Egg, whole, raw, fresh	0.167

[Data source](#)

Do you get sleepy after you eat chicken??

Thanksgiving



The fact is that you sleep most likely because you stuff yourself with food.

