

# Melatonin-Boosting Foods For Children



**Fish**



**Eggs**



**Milk**



**Nuts (e.g., pistachio)**



**Cereals (e.g., unpolished rice, wheat, barley, and oats)**



**Corn**



**Fruits (e.g., grapes, cherries, and strawberries)**



**Vegetables (e.g., tomato and pepper)**



**Mushrooms**



**Germinated mustard and soybean seeds**

