

# Snack Right, *Sleep Tight!*

## Peanut butter on whole grain bread

Healthy fats and fiber help control your blood sugar during sleep.



## Milk & cereal

Low-fat milk with whole-grain cereals contains ingredients that help promote sleep.



## Cheese & crackers

This tasty combination offers protein and carbs. Cheese also contains calcium which helps the body use the tryptophan.



## Banana with almond butter

Bananas with good nut butter provide magnesium and potassium.



## Yogurt

Dairy foods like yogurt are rich in sleep-improving melatonin.

