Some foods naturally contain melatonin and are therefore great to have at an evening meal or as a light night time snack:

•Bananas

•Morello cherries

•Porridge oats

•Sweet corn

•Rice

•Ginger

•Barley

•Tomatoes

•Radishes

Foods that contain tryptophan can also be eaten in the evening as these help induce production of serotonin, which is required to make melatonin:

•Dairy products (avoid cheese though)

•Soy

•Nuts

•Seafood

•Turkey and chicken

•Whole grains

•Beans and pulses

•Rice

•Eggs

•Sesame seeds

•Sunflower seeds

Some micronutrients are also important in the production of melatonin, including:

•Vitamin B-6 (Pyridoxal-5-Phosphate)

•Zinc

•Magnesium

•Folic acid