



MELATONIN RICH FOODS

Supporting natural melatonin production in children with autism can help improve their sleep quality. For picky eaters who prefer specific textures or familiar foods, here are some tailored options that align with their preferences. These foods contain melatonin naturally or support the body's melatonin production.

Fruits

1. Cherries
 - Rich in melatonin; cherries can naturally support sleep
 - Examples: Nature's Finest Pitted Cherries (e.g. Tesco, Sainsbury's) or Del Monte Fruit Pots (Cherry flavour)
2. Grapes
 - Grapes contain melatonin and are an easy, familiar snack
 - Examples: Fresh grapes from Tesco, Morrisons or Aldi
3. Bananas
 - Bananas are a great source of melatonin and magnesium, promoting relaxation
 - Examples: Fyffes or any supermarket brand bananas

Cheese

1. Cathedral City Minis
 - a. Contains tryptophan, which helps the body produce melatonin. Convenient and kid-friendly
2. Babybel
 - a. Fun packaging with a mild flavour; also contains tryptophan
3. Dairylea Dunkers or Triangles
 - a. Easy to eat and support melatonin production

Yogurt

1. Müller Corner Yogurts
 - a. Rich in tryptophan and easy to introduce as familiar foods. Available in various flavours
2. Petits Filous
 - a. High in calcium and suitable for small portions, helping with relaxation
3. Yeo Valley Little Yeos
 - a. Organic and child-friendly, containing sleep-supporting nutrients
4. Rachel's Organic Greek Style Yogurt
 - a. Smooth and mild, available in natural or vanilla flavours

AVALON AUTISM PARENTAL SUPPORT & RESPITE

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Pizza (Tomato Sauce)

1. Chicago Town Mini Pizzas
 - a. Tomato sauce contains melatonin, making these good options for picky eaters
2. Dr. Oetker Ristorante Pizza
 - a. Thin crust with melatonin-supporting tomato sauce
3. ASDA or Tesco Kids Pizza
 - a. Smaller sizes with mild flavours, great for children

Chicken Nuggets

1. Birds Eye Chicken Nuggets
 - a. Chicken contains tryptophan, which supports melatonin production
2. Aldi Everyday Essential Nuggets
 - a. Affordable and easy to eat, still providing tryptophan
3. Quorn Nuggets
 - a. Vegetarian options, still high in protein to support melatonin production

Oats

1. Quaker Oats So Simple
 - a. Oats are naturally rich in melatonin, great as porridge or in other forms
2. Weetabix Oaty Bars
 - a. Convenient and melatonin-supporting snack
3. Flahavan's Irish Organic Oats
 - a. Versatile for porridge or oat-based snacks, high in melatonin

Eggs

Eggs are naturally high in melatonin and easy to prepare in various forms. Examples include fresh eggs from brands like Happy Eggs or Clarence Court

Fortified Cereals

1. Kellogg's Rice Krispies Multigrain Shapes
 - a. Often fortified with vitamins that help melatonin productions, playful and fun
2. Cheerios (Nestlé)
 - a. Can be eaten dry or with milk, making them versatile for picky eaters
3. Weetabix Minis
 - a. Bite-Sized, easy to snack on and is fortified with nutrients that support sleep