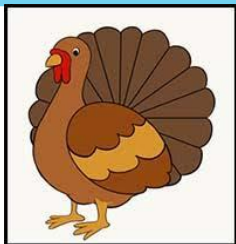


Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

November 2023



The Truth About Tryptophan in Turkey

You've probably heard that the tryptophan in turkey is what makes you feel so sleepy after a big Thanksgiving meal. But is this really true? Let's take a closer look.

Tryptophan is an amino acid that the body uses to produce serotonin, a neurotransmitter that promotes feelings of calm and sleepiness. Turkey and other poultry do contain tryptophan.

However, so do many other foods including chicken, beef, pork, cheese, eggs, fish, beans, and nuts. And the amount of tryptophan in turkey isn't significantly higher than what's found in other meats.

So, what's really behind that food coma? It's more likely due to:

- Overeating - Consuming large portions and high-calorie dishes can leave you feeling sluggish as your body works to digest it all.
- Eating carbs - Foods like mashed potatoes, bread, stuffing, and pie fill you up with glucose which increases insulin production and can make you drowsy.
- Drinking alcohol - Wine, beer, and cocktails add on extra calories and cause dehydration which leads to fatigue.
- Being sedentary - Lounging around watching the game after a big meal doesn't help wakefulness. Light activity can boost energy.

So while turkey does contain tryptophan, it's not the main reason you feel sleepy after Thanksgiving dinner. Practicing mindful eating, staying hydrated, avoiding excess carbs and alcohol, and getting some movement can help beat the food coma and let you fully enjoy time with family and friends.

Wishing you health and happiness this Thanksgiving season!

At Pequot Health Care, we are dedicated to maintaining your good health!



PEQUOT
PHARMACEUTICAL
NETWORK

PEQUOT
PLUS

Health Benefit Services

PRxN®

Customer Service

1-800-342-5779

1-800-342-5779

PRxN® PBM

Customer Service

1-800-342-5779

1-888-779-6638

Doctors' Line

1-888-779-6362

1-888-779-6362

Doctors' FAX Line

1-888-779-6329

1-800-779-6329

Website

www.prxn.com

E-Mail

pharmacy@mpntn.org

Email

pharmacy@mpntn.com

pharmacy@mpntn.com

PEQUOT

HEALTH CARE

Pequot Health Care

1 Annie George Drive

Mashantucket,

CT 06338-8049



Mashantucket Pequot
Tribal Nation