

Mayo Clinic Minute

Don't blame the turkey for your being tired

VIDEO	AUDIO
	Boy, does that smell good.
	Thanksgiving turkey. It makes your mouth water. And it makes your tired, right?
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	Have you heard turkey is filled with tryptophan, and that makes you sleepy? That's true and false.
	Turkey is a nutritious food.
	Mayo Clinic dietitian Katherine Zeratsky says, yes, turkey is a source of tryptophan, but so is a lot of other food.
Title: KATHERINE ZERATSKY DIETITIAN Mayo Clinic	Tryptophan is an amino acid found in protein-rich food. So it could be turkey. It could be dairy products like milk or eggs.
	So ...
	<i>Sound of someone snoring</i>
	... why do we end up needing a Thanksgiving day nap?
	It probably wasn't so much the turkey as it was the quantity of everything you ate.
	The turkey, the trimmings, the toasts to health and happiness ...
	... put all that together, and you might need a nap.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.