

Mayo Clinic Minute

Don't blame the turkey for being tired

VIDEO	AUDIO
	Boy, does that smell good.
Jason	Thanksgiving turkey. It makes your mouth water. And it makes you tired, right?
Jason	Have you heard that there's tryptophan in turkey, and that makes you sleepy? Well, that's true and false.
Kate	Turkey is a nutritious food.
Jason	Mayo Clinic dietitian Kate Zeratsky says, yes, turkey is a source of tryptophan, but so is a lot of other food.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	Tryptophan is an amino acid found in protein-rich foods. So any food that has protein. It could be turkey or another meat. It could be dairy products, like milk or eggs.
Jason	So ...
	<i>Sound of someone snoring</i>
Jason	... why do we end up needing a Thanksgiving day nap?
Kate	It probably wasn't so much the turkey as it was the quantity of everything you ate. Sometimes celebrations include alcoholic beverages, which also can make people a little bit sleepy.
Jason	The turkey, the trimmings, the toasts to health and happiness ...
Kate	... put all that together, and you might need a nap.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.