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Melatonin and Proper Diet to Combat Coronavirus?

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While the world is confronted with uncertainties brought about by the coronavirus pandemic, we should also remember to focus on revitalizing our immune system, which acts as our natural defense against this virus.



The Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) recommends following the principle of a balanced diet using the Pinggang Pinoy as a menu planning guide, which emphasizes various portions of Go, Glow, and Grow food, complemented by fats and oils and high intake of water. Melatonin likewise revitalizes the immune system. It regulates human physiological rhythm, alleviates related disorders like insomnia, acts as an antioxidant, enhances the immune system, shows anti-aging and anti-inflammatory effects, and facilitates the control of chronic diseases such as cardiovascular diseases, diabetes, and obesity. Enrich your diet with these food sources of melatonin:

CEREALS

Non-glutinous black rice contains twice the level of melatonin while the concentration is reduced to a third when rice is polished. For other cereals, melatonin is found relatively high in wheat, barley, and oats. Meanwhile, bread crumbs have higher levels than the crust.

FRUITS

These are the highest containing in decreasing order: skin of grapes, cherry, and strawberry. Others include pineapple, kiwi, apple, pomegranate, mulberry, and cranberry.

LEGUMES AND SEEDS

Legumes and seeds such as white and black mustard, and sautéed mung bean sprout (togue) are good sources. Meanwhile, melatonin is also found in lentils, kidney beans,

barley seed, alfalfa, coriander, green cardamom, fennel, anise, flax, and almond.

NUTS

Pistachio and walnuts are the top sources from this group of food.

VEGETABLES

Tomatoes and peppers contain relatively high concentrations. Other vegetables with varying levels of melatonin content are onion, garlic, ginger, black olive, cabbage, cauliflower, turnip, cucumber, carrot, radish, beet root, purslane, spinach, asparagus, chungitsu, taro, Indian spinach, Chinese cabbage, and Japanese butterbur, ashitaba, and radish.

BEVERAGES

Coffee, roasted beans, orange and grape juice, cacao, and balsamic vinegar are all high in content.

EDIBLE OILS

Top contenders are refined linseed and virgin soy bean oils. Others include refined olive, sunflower oils, and extra virgin olive oil.

PROTEINS

Eggs and fish have a higher content than lamb, beef, pork, and chicken

Consumption of melatonin-containing food enumerated above may gain health impacts and revitalize one's immune system by increasing circulating melatonin in the blood - stream, increased body antioxidant capacity, and where domino of good health effects may be enhanced.

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