

# Eating foods with melatonin helps control weight

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Melatonin can be found in mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries. (Fotolia)

Eating foods that contain the natural hormone melatonin can help control weight gain, new research has found.

The study, published in the Journal of Pineal Research, found melatonin stimulates the appearance of beige fat — a type of fat cell that burns calories instead of storing them.

Melatonin levels generally increase in the body at night, but it is also found in fruit and vegetables like mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries.

Researchers from the University of Granada Institute for Neuroscience, the Hospital Carlos III, Madrid, and the University of Texas Health Science Center in San Antonio contributed to the study.