



### Foods that Support Tyrosine Production

**Tyrosine is a key amino acid that supports brain function, mood balance, and stress management.** The body can synthesize tyrosine from phenylalanine, an essential amino acid obtained from food. Below is a list of foods that directly provide tyrosine or help with its production by supplying necessary cofactors.

#### High-Tyrosine Foods

These foods contain **tyrosine directly**, ensuring an immediate source for neurotransmitter production.

##### **Animal-Based Sources**

- **Chicken & Turkey** – Rich in protein and tyrosine, supporting dopamine and norepinephrine production.
- **Fish (Salmon, Tuna, Cod)** – High in tyrosine and omega-3s, which enhance neurotransmitter function.
- **Eggs** – Provide tyrosine and choline, aiding brain health and memory.
- **Dairy Products (Cheese, Yogurt, Milk)** – Good sources of tyrosine, promoting dopamine synthesis.

##### **Plant-Based Sources**

- **Soy Products (Tofu, Tempeh, Edamame)** – One of the best plant-based sources of tyrosine, supporting neurotransmitter balance.
- **Legumes (Lentils, Chickpeas, Black Beans)** – Contain tyrosine and phenylalanine, aiding natural tyrosine synthesis.
- **Nuts (Almonds, Peanuts, Walnuts, Cashews)** – High in tyrosine and healthy fats, supporting brain function.
- **Seeds (Pumpkin, Sesame, Sunflower)** – Provide tyrosine and essential nutrients like magnesium for nervous system health.

#### Phenylalanine-Rich Foods (Precursors to Tyrosine)

These foods are high in **phenylalanine**, which the body converts into tyrosine.

- **Red Meat (Beef, Pork, Lamb)** – Provides phenylalanine for tyrosine synthesis.
- **Quinoa** – A complete protein that contains both tyrosine and its precursor, phenylalanine.
- **Cottage Cheese** – A great source of both tyrosine and phenylalanine, aiding neurotransmitter production.
- **Spirulina** – A plant-based protein with high phenylalanine content for enhanced tyrosine production.



### **Foods That Support Tyrosine Utilization**

These foods contain vitamins and minerals that **enhance tyrosine conversion and neurotransmitter function.**

- **Bananas** – Contain vitamin B6, which helps convert tyrosine into dopamine.
- **Avocados** – Provide healthy fats and folate, essential for neurotransmitter synthesis.
- **Leafy Greens (Spinach, Kale, Swiss Chard)** – Rich in folate and iron, crucial for dopamine production.
- **Dark Chocolate (Cacao)** – Contains tyrosine and enhances dopamine activity.
- **Green Tea** – Contains L-theanine, which works with tyrosine to support mental clarity.

### **Tyrosine and Focused Relaxation**

You might be curious about the link between tyrosine and practices like hypnosis or meditation. Here's what we know:

- **Relaxation and Neurotransmitters:**  
Techniques such as focused relaxation, meditation, or hypnosis can lower stress levels. When you're relaxed, your body isn't rushing to produce stress hormones, which means it can use tyrosine more efficiently to support mood and clarity.
- **Enhanced Brain Function:**  
Although relaxation doesn't increase the production of tyrosine itself, it helps your brain manage and use the chemicals derived from tyrosine (like dopamine) more effectively. This can lead to better focus, improved mood, and a more balanced state of mind.

A diet rich in tyrosine, its precursor phenylalanine, and supportive vitamins and minerals can help optimize brain function, improve focus, and regulate mood. Including these foods in your daily meals ensures that your body has what it needs to produce and utilize tyrosine effectively.

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**Disclaimer:** The above shares information considered to be reliable from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. The above does not take into consideration any type of concerns such as food allergies or aversions. Always consider whether this information is appropriate for you & always confer with your health professionals.