

Nutrition Tips for Shift Workers



When you work shifts, you may find it hard to know when and what to eat. The good news is that by eating well and keeping active you can stay healthy, alert and feel your best at work and when you are at home.

Just follow our top tips...

- **Eat your “main meal” before going to work** - If you're working nights aim to have your main meal before you go to work, this will keep you feeling full and prevent you snacking throughout your shift.
- **Bring your own healthy snacks** - It can be difficult to find healthy snacks during night shifts. Reduce temptation to turn to vending machines and snacks high in sugar and fat by bringing your own snacks to keep your energy levels up.
- **Prepare your meals in advance** - Preparing your meals on your day off means you can have healthy options within easy reach.
- **Avoid sugary foods and drinks** - You may feel a quick boost of energy after having a chocolate bar or sugary soft drink. This feeling doesn't last long, and you may experience low energy levels later on. Enjoy nutritious snacks and beverages instead to stay alert and keep your energy levels up.
- **Take your time eating** - Don't rush when you eat. You deserve your break, so enjoy every single bite of your meals and snacks! If possible, eat with your co-workers for some company.
- **Keep hydrated** - It may help you to stay alert and not feel so tired during your shift. Keep a water bottle nearby and take sips even before you feel thirsty.
- **Moderate caffeine intake** - It may seem like a great idea having caffeine to keep your energy up throughout your shift but it will disturb your sleeping pattern further.
- **Have a light snack before bedtime** - It's hard to fall asleep when you're too hungry or too full. If you're still hungry after work eat a small healthy snack before bedtime.

Ask your staff restaurant for more healthy options!