

Tips for Day Shifts



- Eat breakfast within an hour of waking. This will help you wake up and give you energy to get going.
- Have multiple light snacks throughout your day, like a serving of fruit or a bagel with peanut butter. This will allow you to keep your energy up without feeling overly full and tired.
- Have your main meal during your shift. Make it a balanced meal of protein (meat, fish or beans), carbohydrates (brown rice or whole-grain pasta) and lots of vegetables. Follow the MyPlate recommendations.
- Avoid sugary foods like candy and soda. Foods high in sugar will give you an immediate boost followed by a drastic crash. Foods like peanut butter, apples, and high fiber cereals will give you long term energy without the crash.
- After your shift, eat a lighter version of your main meal so you are satisfied but not too full. Follow the MyPlate recommendations. For more information on MyPlate, visit choosemyplate.gov.



gatorcare.org/wellness

Source:

Shift Work Toolkit - Healthy Workplace - Leeds, Grenville and Lanark District Health Unit. (2015, January 1).

Nutrition

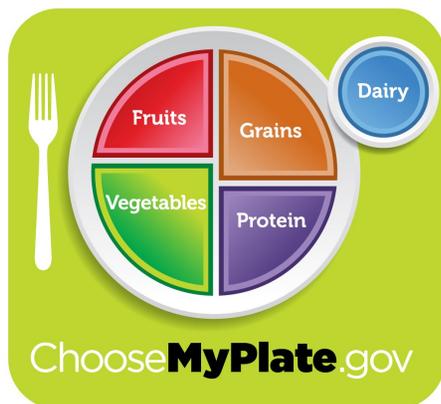
A guide for shift workers



Nutrition

Tips for shift workers

- ◆ Pack your own snacks. It can be difficult to find healthy snacks in the work area. If you're in a pinch and want to grab something from the vending machine, look for the healthier items with the Wellness logo.
- ◆ Stay hydrated! Hydration is key to staying healthy. Drinking water can help you feel alert and less fatigued. To determine if you're well hydrated, check your urine. It should be pale yellow or clear.
- ◆ Avoid drinking caffeine too late. Caffeine can stay in your body for up to 8 hours and can interfere with your sleep. Try not to drink caffeine during the second half of your shift.
- ◆ Avoid high fat, high salt, and spicy foods. These foods can cause an upset stomach and sluggishness.
- ◆ Follow the MyPlate recommendations:



Foods to Boost

(high protein, low fat)

- Eggs
- Poultry
- Tuna
- Beans
- Milk
- Yogurt

Foods to Ease

(easy on your stomach)

- Peanut butter
- Apple sauce
- Banana
- Yogurt
- Low-fat, low sugar muffin
- Whole grain toast

Foods to Snooze

(high carbohydrate, low fat)

- Whole-grain bread
- High fiber cereal
- Brown rice
- Whole-grain pasta
- Whole-grain crackers

Foods to Snack

- Hummus & Veggies
- Low-fat cheese
- Popcorn
- Yogurt
- Unsalted nuts
- Apple

Tips for Night Shifts

- Have your main meal before your shift. This will give you energy for your shift without making you feel sluggish at work.
- Eat multiple light meals or snacks during your shift. Eating large meals can make you feel tired and unmotivated.
- Eat more protein, such as chicken, fish, eggs, beans, or nuts. Protein will give you energy and help you feel fuller longer. Limit protein towards the end and after your shift to avoid trouble falling asleep.
- Limit high carbohydrate foods during the beginning and middle of your shift, like breads and pasta. These will make you feel more tired, so save them for after your shift to help you fall asleep. When choosing carbohydrates, go for whole grain options.
- Have a light snack before you go to bed. Sleeping is difficult if you're too hungry or too full, so keep it light.
- Don't eat because you are bored or tired. Be mindful of when you are actually hungry. If you need a pick me up but aren't hungry, try going for a walk or drinking water.