



Eating Well for Shift Workers

Plan meals ahead

Get in to the habit of preparing your meals and snacks at home. Batch cooking healthy meals can make things quicker and easier. Most things will keep in the fridge for a few days but freezing individual portions means you'll always have access to something healthy. Just remember to fully defrost it first!

Focus on low GI (Glycaemic Index) foods

Foods that release their energy slowly are better choices and have a low GI level. They will supply the body with a steady stream of energy throughout your shift rather than create spikes and dips. Wholemeal pasta, rice and bread as well as beans, oats and some fruits and vegetables are good options.

Limit caffeine intake

Caffeinated beverages may be appropriate if you need a boost during your shift. However, you should certainly limit caffeine and other stimulants, especially the closer you get to bedtime as this may impact your sleep.

Eat small and often

Avoid heavy, fatty, sugary and spicy meals as these foods will leave you feeling sluggish, bloated and maybe less satisfied. Its best to eat little and often if possible as this will help metabolism.

Keep hydrated

Dehydration will make you less alert and more likely to make a mistake. Keep your fluid levels up throughout your shift to improve alertness and decision making.