

NIGHTSHIFT NUTRITION

- Night shifts disturb our circadian rhythm, which impacts eating schedules, hunger and metabolism.
- When tired, we crave starchy and processed foods.
- These tips aim to help you eat healthily when working nights and long shifts.



PREPARATION is key: it makes it more likely that you will make healthy choices (and reduces the need for fast food or the vending machine when hunger strikes).

Schedule a **pre-night shift grocery shop** for healthy snacks, such as nuts, fruit, vegetables, hummus, and yoghurt.



BEFORE WORK, eat a balanced, **high-protein** meal before your shift. It will keep you feeling full for longer.

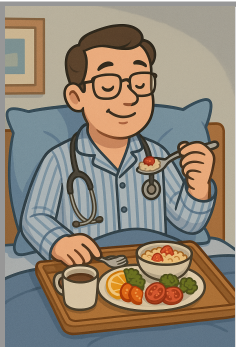
Allow time to **prepare food** to take with you.

DURING YOUR NIGHT SHIFT, REMEMBER when we eat, our body acts as if it is daytime, and our neuro-endocrine system responds accordingly.

Where possible, **avoid eating between 00:00 and 06:00**: you'll return to normal circadian functioning more quickly and are less likely to gain weight.

Eat **fresh, unprocessed, high-protein foods** during a shift. Try to stick to this as much as possible, but don't feel guilty if you reach for an occasional chocolate bar at 3 am to keep you going.

Stay well hydrated; water is the best choice. Try a pre-frozen bottle to keep you refreshed.



AFTER WORK, before you sleep

Eat a light breakfast 30-45 mins before you go to sleep – you'll be less likely to be woken by hunger.