

IT'S TIME ...



TO GET THE FACTS ABOUT NUTRITION & SHIFT WORK

Shift work is demanding on your body and your time. Healthy eating is important to feel your best, day and night. With the helpful tips below, healthy eating can be easier.

★ Foods for a boost

Foods high in protein and low in fat help to keep you alert. These foods include:

Protein Rich Foods

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Poultry | <input type="checkbox"/> Legumes |
| <input type="checkbox"/> Lean beef | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Pork | <input type="checkbox"/> Low fat cheese (< 20% M.F.) |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Yogurt (< 2% M.F.) |
| <input type="checkbox"/> Salmon | <input type="checkbox"/> Skim, 1%, or 2% milk |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Soy/rice/almond milk |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Nut butter |

★ Foods to help you snooze

Foods high in carbohydrates and low in fat can help you sleep. These foods include:

Carbohydrate Rich Foods

- | | |
|--|---|
| <input type="checkbox"/> Whole grain bread | <input type="checkbox"/> Whole wheat pasta |
| <input type="checkbox"/> High fibre cereal | <input type="checkbox"/> Whole grain crackers |
| <input type="checkbox"/> Brown or white rice | <input type="checkbox"/> Low fat muffins |

When choosing grain products, try to make higher fibre choices. Also remember that caffeine and alcohol can have a negative impact on sleep. To help you sleep, avoid caffeine and alcohol for at least 4 hours prior to going to bed.

Fruit

- Oranges
- Bananas
- Apple sauce
- 100% fruit juice
- Fruit cups

★ Foods easy on your stomach

Eating foods that are fried, high in fat or spicy are hard to digest. If you are experiencing an upset stomach try eating:

Protein Rich Sources

- Yogurt
- Peanut butter

Carbohydrate Rich Sources

- Apple sauce
- Bananas
- Whole grain toast
- Soda crackers (with reduced salt)
- Whole grain low-fat muffins

★ Between meal treats

For snacks during your shift try to choose foods from 2 of the 4 food groups. Also drink plenty of fluids to stay hydrated, which will help keep you alert and energized.

Snack Foods

- Hummus with whole grain pita
- ½ whole grain bagel with peanut butter
- Low fat cheese & whole grain crackers
- Lightly seasoned popcorn & yogurt
- Mixed nuts (unsalted) with an apple

Beverages

- Water
- Low-fat milk
- 100% fruit juice
- 100% vegetable juice

For more nutrition information go to:
www.healthunit.org/nutrition
or call the Health ACTION Line at: 1-800-660-5853





SAMPLE MENUS

★ Day Shift

(typically between 7 a.m. – 7 p.m.)

Breakfast

A balance of protein and carbohydrate rich foods with fruit/vegetables within 1 hour of waking

- Small bowl of high fibre cereal with low-fat milk and a piece of fruit or
- A slice of whole grain toast with an egg and ½ cup of 100% fruit juice

Main meal

A balanced meal of protein and carbohydrate rich foods with fruit/vegetables

- Stir fry with vegetables and meat on whole grain noodles or
- A roasted chicken breast with vegetable sticks, brown rice and
- A glass of low-fat milk and a piece of fruit

Work break snacks

A balance of protein and carbohydrate rich foods with fruit/vegetables, no caffeine

- A whole grain bagel with peanut butter or
- Low-fat yogurt with frozen or fresh berries and
- Vegetable sticks with a glass of water

After shift (if hungry)

Low-fat carbohydrates and no caffeine

- A small bowl of oatmeal with sliced strawberries or
- Whole grain toast with jam and a piece of fruit

★ Quick Tips:

- Make meals at home in large batches and freeze the leftovers to take to work
- At work, eat in a relaxing environment with other co-workers. Enjoy eating!
- If you are going to drink caffeinated beverages, do so at the beginning of your shift
- Avoid foods high in fat, salt, sugar, or that are spicy. These foods may make you sluggish or upset your stomach

★ Night Shift

(typically between 7 p.m. – 7 a.m.)

When you wake

A balance of protein and carbohydrate rich foods with fruit/vegetables to help you wake up

- Small bowl of high fibre cereal with low-fat milk and a piece of fruit or
- A slice of whole grain toast with an egg and ½ cup of 100% fruit juice

Main meal (before shift)

A balance of protein and carbohydrate rich foods with fruit/vegetables

- A roasted chicken breast with brown rice and steamed vegetables or
- Whole grain spaghetti with meat sauce and vegetable sticks and
- A glass of low-fat milk with a piece of fruit

First work break

If hungry, choose carbohydrate rich foods

- High fibre granola bar
- Lightly seasoned popcorn

Second work break

A balance of protein and carbohydrate rich foods with fruit/vegetables

- A whole grain bagel with peanut butter or
- Hummus and whole wheat pita
- Low-fat cheese with crackers
- Apple with a glass of water

Pick-me-up snack (around 3-4 a.m.)

Protein rich food

- Low-fat yogurt or
- ¼ cup almonds

After shift (if hungry)

Low-fat carbohydrates and no caffeine

- Whole grain toast with jam or a whole wheat English muffin and a piece of fruit or
- Low-fat blueberry bran muffin