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**
- Poultry
- Lean beef
- Pork
- Tuna
- Salmon
- Eggs
- Beans
- Legumes
- Tofu
- Low fat cheese (< 20% M.F.)
- Yogurt (< 2% M.F.)
- Skim, 1%, or 2% milk
- Soy/rice/algom milk
- Nut butter

★ 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

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

**Carbohydrate Rich Foods**
- Whole grain bread
- High fibre cereal
- Brown or white rice
- Whole wheat pasta
- Whole grain crackers
- 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

★ 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

★ **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

★ **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