

REFUEL

Food is energy and during a physical shift where you are on your feet for long periods, it is important to eat nutritional food that releases energy slowly.

Preparation

Don't go to work hungry, as that may lead to unhealthy choices later in your shift. Preparing meals and snacks at home can reduce the temptation of reaching for that chocolate bar.

Meals

Keep your energy levels up by including 'slow release', unprocessed foods into your meals such as cereal, sweet potato, brown bread, bananas, yoghurt, berries, eggs and beans.

Snacks

Try to resist sugary, processed snacks as these will give you a short-lived boost before lowering your energy levels. Instead, try a bag of nuts and an apple, or a banana and a brown-bread peanut butter sandwich.

