

Dietary recommendations for shift workers



Meal regularity

- Maintain a regular eating pattern (same number of meals each day), regardless of shift type



When to eat

- When you're awake, eat every 4 – 6 hours
- If you find that you go to bed hungry after a night shift, eat a small meal 1 – 2 hours before bed
- If possible, have a small (~5 hour) fasting window during the night (between 10pm to 5am)
- If eating during the night, choose a snack with protein, rather than a big meal with large amounts of carbohydrate



What to eat

- *Bulk it up with vegetables*
- Stay hydrated with water
 - Add fruit pieces or cordial for flavour
- Limit sugary drinks
 - Energy drinks, soft drinks, fruit juice, flavoured milks



What to drink

- Watch the caffeine