



# WHAT SHOULD I EAT ON A NIGHT SHIFT?

## Before

Eat a main meal with whole grains and other complex starches to curb your hunger and cravings.

## During

Eat your main meal in the earlier part of the evening to provide your body with much needed fuel.

Regular light meals and snacks are less likely to affect alertness or cause drowsiness than a single heavy meal.

Meals - Avoid fatty, spicy and/or heavy meals as these are more difficult to digest and can make you feel drowsy. Choose foods that are easy to digest such as pasta, rice, bread, salad, fruit, vegetables and milk products.

Snacks - Avoid sugary foods, such as chocolate – they provide a short-term energy boost followed by a dip in energy levels. Fruit and vegetables are good snacks as their sugar is converted into energy relatively slowly and they also provide vitamins, minerals and fibre.

## After

Eat a healthy breakfast before your daytime sleep so you don't wake up hungry.

(Adapted from Rimmer (2019), what should I eat on my night shift? BMJ, 365)

