

Eat well, work well...



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‘A fit and healthy workforce will be more resistant to stress and illness and may find it easier to adapt to shift work.’

*Health & Safety Executive,
‘Managing Shift Work’*



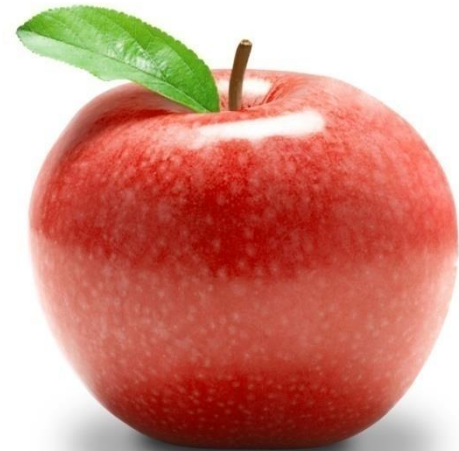
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The Circadian Rhythm



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What did
you eat
yesterday?



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Managing risk from extended working

- Quality & quantity of sleep
- Fatigue
- Anxiety, depression
- Cardiovascular risk
- Gastrointestinal disorders
- Obesity
- Type 2 diabetes

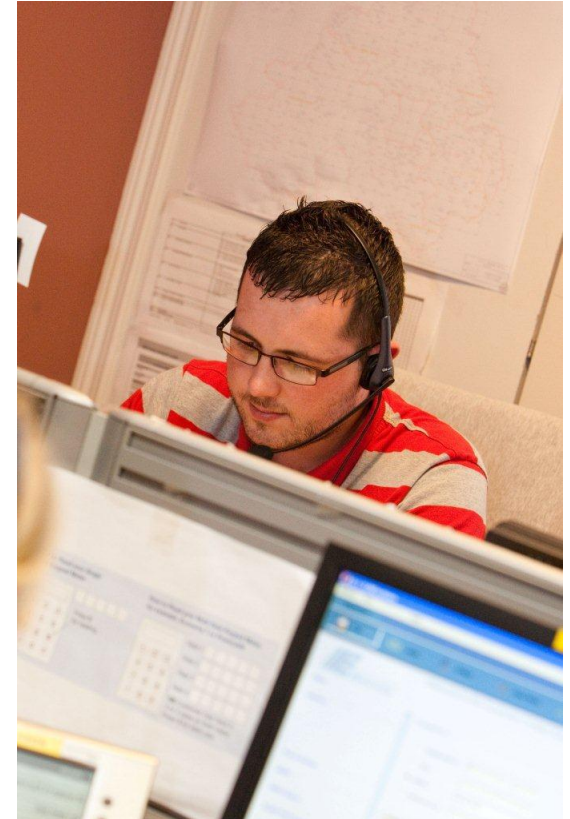


Harrington, JM. Health Effects of shift work and extended hours of work. Occup Environ Med 2001; 58:68-72.

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What can you do about it?

- What you eat
- How you eat
- Regular mealtimes
- Manage stress
- Use 'lightboxes'
- Physical activity
- Sufficient rest & revitalization



Lowden et al, Eating and Shift work – effects on habits, metabolism and performance. 2010 Mar;36(2):150-62.Scand J Work Environ Health

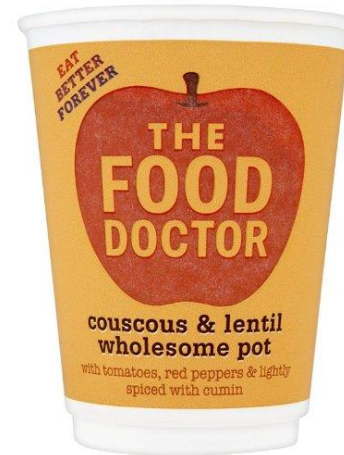
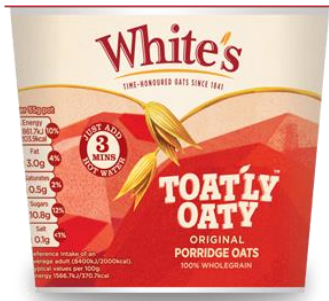
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Eating well on extended days

- Eat warm foods at night
- Keep mealtimes regular
- Batch cook and take food to work
- Protein with each meal
- Eat less sugar
- Keep well hydrated
- Avoid fatty, spicy and/or heavy meals
- Use caffeine to your advantage
- Avoid alcohol before sleep



Your Emergency Rations!



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Pack a lunchbox

- Cereals and porridge pots
- A flask of soup
- Leftover dinners in food flask
- Warm foods like curry & stew
- Wholemeal pittas packed with chicken/fish/hard boiled eggs & salad



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Good Sleep Guide

- Avoid caffeine, 'energy' drinks and other stimulants a few hours before bedtime
- Don't go to bed hungry...
- ...but avoid fatty, spicy and/or heavy meals
- Avoid alcohol before sleep
- Short walk, read a book, listen to music or bath before bed



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What can you change?



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