

# Top tips for Eating well on the job



## Be prepared and plan ahead.

Bulk cooking meals for the week ahead and stocking up on healthy snacks help save you some cash and ensure you've got the right food to give you the right energy when you need it.



## Stay hydrated by drinking plenty of water;

dehydration can cause fatigue, making it more difficult to concentrate. If you're going to be out and about for most of your shift, fill a big bottle from the tap beforehand to keep in the car.



## Eat a healthy main meal

**before your shift:** whole grains, lean meats, and pulses, along with some fruit and veg will give you a steady release of energy while keeping your cravings at bay.



## Take some healthy snacks with you,

such as unsalted nuts, fruit or chopped vegetables, to keep you going between meals.



**Go easy on the coffee** as it can raise your adrenaline levels, and can make it more difficult to sleep when you come off your shift.



## If you're working nights,

don't go to bed hungry. Eat a healthy breakfast-style meal following your shift.

You can find further information on the National Wellbeing Hub website:

[www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)