


# EAT WELL WHILE ON NIGHT SHIFT




The human body is designed to work during the day and to rest at night. That is why night shifts can cause negative effects on your health.

Night workers are more prone to suffer from glucose intolerance, weight gain, and to develop conditions such as diabetes.




To reduce the risk of developing these conditions, you have to watch when and what to eat before, during and after your night shift.

- Have three satisfying meals in a 24 hour period.
- Avoid eating between midnight and 6am.

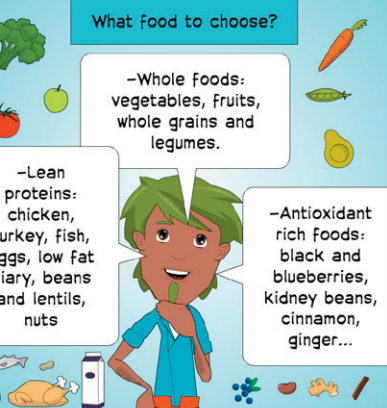


- Eat at the beginning and end of your shift.
- Have breakfast before your day sleep, but avoid a large meal 1-2 hours before going to bed.



**What food to choose?**

- Whole foods: vegetables, fruits, whole grains and legumes.
- Lean proteins: chicken, turkey, fish, eggs, low fat dairy, beans and lentils, nuts
- Antioxidant rich foods: black and blueberries, kidney beans, cinnamon, ginger...

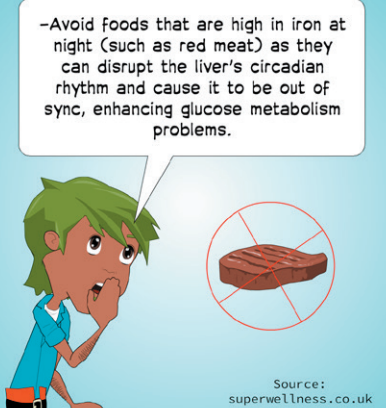


**Warning!**

-Avoid sugary rich foods: soft drinks, bakery items, sweets and non-fibre carb foods like white bread



-Avoid foods that are high in iron at night (such as red meat) as they can disrupt the liver's circadian rhythm and cause it to be out of sync, enhancing glucose metabolism problems.



Source: superwellness.co.uk

## Need help?

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## NOT ON MY WATCH

A SAILORS' SOCIETY CAMPAIGN