

# Healthy Snack Ideas for Night Shift Workers

Most people snack more than they realise and when we're feeling hungry and tired, we often reach for the wrong thing. It's so easy to grab a chocolate bar or a bag of crisps instead of reaching for something healthy. If the snacks are there, we'll eat them! However, they're often full of saturated fat, salt and sugar.

An Australian shift work study found that a snack can be more useful than a meal to lessen the effects of feeling fatigued and sleepy during the night shift. But it's important to choose the right thing!

## Be prepared for a night shift or long hours:

- Take your own food with you to avoid temptation from the vending machine.
- Keep a cool bag handy with some healthy snacks
- Stock up on store cupboard staples: nuts, seeds (raw or roasted), oatcakes, rye bread, canned beans, pulses, ready cooked quinoa or lentils, tinned sardines, tuna, salmon, nut butters.

## Pick healthier options to keep hunger at bay and energy levels more stable:

- **A handful of berries and 4 tablespoons of plain Greek yoghurt** - berries contribute towards your 5 a day, won't affect your blood sugar dramatically and with the protein in the yoghurt, will maintain your energy. Make in advance in a portable container. Frozen berries are great and defrost in a couple of hours so can work well to take. Add a handful of low sugar granola for tasty crunch.



- **Hummus** - Numerous types available in supermarkets - will provide something not only nutritious but substantial. Delicious with seedy oat cakes. Try an olive oil hummus to boost nutrition content with good fats.



- **Crudités** such as sliced carrot, cucumber and pepper with a side of hummus - try a side of tomatoes and rocket to boost nutrition.

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- **Nut butters are a great option as a protein boost - try peanut (with no added sugar - Whole earth or Meridian), or a tasty, nutritious alternative is almond or cashew nut butter. Spread on 3 x plain rice, corn or oat cakes or Ryvita. Nut butters are also great with an apple or celery sticks.**



- **A handful of RAW (not roasted) nuts - provides a good source of healthy unsaturated fats, protein, and a range of vitamins and mineral. Have with an apple or small banana to give a more complete snack.**



- **A handful of RAW or roasted seeds - you can buy these in easy snack bags e.g. Munchie Seeds.**

- **2 x Boiled eggs - pre boil some on your day off and store in fridge ready for work. For a double protein boost, mix your egg with hummus!**

- **Olives with feta cheese - tasty with some cucumber and tomatoes plus contains high good fats and protein to help balance energy.**



- **1 x tablespoon of cottage cheese or cream cheese with 3 x plain rice, corn or oat cakes, Ryvita or rye bread. Delicious topped with some smoked salmon or avocado!**

**Aim to always have some protein and slow-release carbohydrate but these would be tasty extras:**

- **5 or 6 cherry tomatoes provide a sweet distraction when required**
- **Edamame (soy) beans**
- **Dark chocolate (At least 70%) - great sweet fix with a handful of nuts**
- **Small avocado - great spread on 3 x plain rice, corn or oat cakes or Ryvita**

