

Medical guidance notes and information

Good eating habits for night workers

Night workers often suffer from stomach or digestive problems. Your stomach is not prepared for digestion at night.

Advice

- Eat light meals;
- Keep normal meal schedules - try to schedule one meal with the family;
- Eat light protein e.g. chicken, turkey, fish, veal, low fat dairy products, peas, beans, lentils;
- Avoid heavy protein e.g. beef, pork, lamb/mutton, duck, eggs, high fat cheese;
- Avoid greasy and spicy food. Try to boil, bake, steam, poach or microwave your food.
- Drink plenty of water to avoid dehydration.

Main Meal 5.00 - 7.00 pm (Breakfast)

- Light protein, low fat dairy foods, carbohydrates (vegetables, fruits, bread, potatoes, pasta).

Work Meal - eat light meals

- Have sandwiches, soups or light protein with vegetables;
- Avoid caffeine in the second half of the night shift;
- Avoid high sugar snack - the rush of energy will be followed by a low resulting in tiredness;
- Carbohydrates are ideal for sustained energy;
- Some snack suggestions include: fruit, yoghurt, cereal, popcorn, dried fruit;
- Meal before bed - light snack/meal, bread, low fat yoghurt, fruit e.g. banana, apple, pear grapes, melon, etc., **or** a larger meal if you do not intend to sleep until later;
- No heavy protein;
- Avoid caffeine and alcohol before bedtime;
- It is just as important to avoid hunger as it can also disturb sleep.

Healthy Eating Advice

- Eat well balanced and healthy meals;
- Eat a wide variety of food;
- Choose low fat, low sugar, lower salt, high fibre carbohydrate food.
- If you require any further information or advice, please contact LU Occupational Health as follows:
- Surface Transport, London Rail TfL Corporate, LU Resourcing, Contractors: 1760 (0845 600 2490)
- LU JNP: 1761 (0845 600 2491)

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- LU BCV, Viacom, LU Corporate: 1762 (0845 600 2492);
- LU SSR, Alstom: 1763 (0845 600 2493)
- Drug Test Results: 1764 (0845 600 2494)

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