

Build yourself a healthier life



Shift work requires you to be awake when you would normally be asleep! This might be permanent, rotating, irregular, or unpredictable work hours, as well as early starts, late finishes, and night work! There is no doubt that shift work causes fatigue due to being awake for too long, missed sleep opportunities, and messing with the internal body clock cycle so here are some tips to help!



Let's start with quality sleep

- Sleep is crucial - it allows your body to repair, supports healthy brain function, immunity, physical health and mental wellbeing. Inadequate sleep can raise your risk for chronic health problems. So, sleep really helps keep you well!
- Good sleep helps to set you up for better food and drink choices which gives you more energy enabling you to manage stress better too.
- Late nights or broken sleep can all impact our mood, work productivity, alertness, and the choices we make.
- Adults need between 7-9 hours sleep a night. To work out what time you need to go to bed, work back 7-9 hours from your wake up time. e.g. for a 2am wake up, be in bed somewhere between 5pm and 7pm.
- If you can't get your 7-9 hours in one solid block, consider adding a nap into your routine. A short 20 mins or a full 90 mins are good options to align with sleep cycles. If you sleep for an hour you are likely to feel groggy when you wake up as you will have been in a deep sleep at that stage of your sleep cycle.
- Avoid screens (tablets, tvs, phones, bright lights) for at least 1 hour before bed.
- If you are sleeping after a night shift, wear sunglasses on the way home so your brain doesn't feel like it is daytime with the morning light.
- An eye mask, earplugs, and sleeping in a dark space can be helpful.
- If you are a night shift worker, get outside after you've woken up from your long daytime sleep to get some natural light exposure.



Aim to eat the majority of your food during hours you are awake in the day

- If possible, try to have a gap of at least 8-10 hours without eating in each 24 hours. For example, this might be the last few hours of your night shift and the first few hours when you get home and (hopefully) are sleeping. Ideally this gap is mostly at some time during the night.
- If you eat during the night, opt for light meals and snacks e.g. sandwich, smoothie, soup, yoghurt, fruit & nuts rather than large meals or fatty foods.
- Overeating is a sure-fire way to feel low in energy, make us feel sleepy and have difficulty focusing.
- If you are travelling, try to stay in self-catering accommodation near a supermarket for supplies so you're not relying on fast food – most supermarkets have great salad options, as well as sandwiches, heat-and-eat meals, soups, microwaveable rice you can have with tuna and a few veg, and of course fresh fruit as well as healthy snacks (see ideas below).
- Aim to include one extra vegetable at each meal time. Do you meet the 5 handfuls-a-day of vegetables we're recommended to have? If you do, you are guaranteed to feel more energised and healthier, and may even lose some unwanted weight.



Choose water as your first drink of choice

- Drink plenty of water during your working/awake hours. This can help you to feel alert or when tiredness kicks in.
- Keep caffeine to early in the day or the start of your shift if working overnight.
- Limit alcohol in the evening especially when waking up early for work.
- Caffeine and alcohol both have a negative impact on the quality of your sleep and can leave you waking up feeling tired when you have too much.

Light nourishing snacks (recommend to pick 2-3 over 12 hr shift)



- glass of milk
- pottle of yoghurt
- handful of nuts
- veggies with hummus
- boiled egg
- soup, smoothie or sandwich

Example of a night-shift structure to support your wellbeing:

9pm–6am	Working, small protein-rich snacks, lots of water
6am	Finish work, wear sunglasses home
7am	Have 'dinner', keep curtains shut, lights dim, wind-down quietly
8am–4pm	Sleeping
4pm	Wake, get outside, have 'breakfast'
8pm–9pm	Have 'lunch'



Eating Well on a Budget

Embrace affordable foods

Want to eat well and save money? Then pick up these foods next time you shop! Recipes are available at www.claireturnbull.co.nz and missionnutrition.co.nz



OATS - A super versatile ingredient to stock up on! High in protein and fibre to help keep you satisfied for longer. Recipes: [pancakes](#), [muffins](#), [savoury oat loaf](#), [muesli bars](#), [apple crumble](#).



MUSSELS - It only costs a couple of dollars for 150g of mussels which works out around 10 mussels, that's great value for the nutrition boost. Packed with protein and your daily dose of selenium, iodine and omega 3. Learn how to prep, store and cook mussels - [here](#): <https://www.aquaculture.org.nz/farmed-seafood>
More recipe inspo: [corn and mussel fritters](#), [baked mussels](#).



FROZEN PEAS are a freezer staple! You can eat them frozen, add them to almost any dish, mash them, smash them, make them into fritters... 1 cup of peas not only has the goodness of most other veggies, but it also has 8.4g of protein and will only cost you around 50c. Add some peas to your next meal for a nutrient boost. Try: [one pot chinese chicken](#), [pea soup](#), [veg-packed chilli](#), [pea & corn frittatas](#).



PULSES - Beans, chickpeas, lentils – some of the most amazing nutrition packed foods - super affordable and versatile. Pulses are low GI, a fantastic way to get fibre and also a good way to add protein. You can also use them many different way, from dips ([pea and mint](#) or [spicy carrot and chickpea](#)), [soups](#), [casseroles](#), [curries](#), [burgers](#) even [chocolate brownies](#)!



EGGS - Less affordable than they used to be, but still a cheaper option than many other sources of good quality protein. Eggs also have Vitamins A, B12, D, E, iron, selenium, choline and more! Research now suggests that there is no need for the average person to limit the number of eggs they have per week. Only those with an increased risk of heart disease are advised to limit them to 6/week. Ideas: eggs on toast, omelettes, fritters, [frittatas](#), [veggie bites](#), [veggie layer bake](#).



TOFU - one of the few plant protein foods that is considered a 'complete protein' which means it has all the same essential amino acids as animal proteins. A 170g serving of tofu has a whopping 20g of protein. Plus, some varieties will contain a good amount of calcium, so always check the label. Not sure how to cook it or what to do with tofu? [Ideas here](https://www.claireturnbull.co.nz/recipes-news/what-to-do-with-tofu): <https://www.claireturnbull.co.nz/recipes-news/what-to-do-with-tofu>

NUTRITIOUS staples

SUPER-QUICK meal ideas

PANTRY

- Pasta
- Rice
- Canned fish
- Canned pulses + beans - lentils, chickpeas, black beans, cannellini beans, red kidney beans
- Canned tomatoes + tomato puree (this combo makes an easy pasta sauce)

FREEZER

- Vegetables - peas, corn, mixed veg, edamame beans, potato wedges
- Berries
- Protein - fish fillets, falafels, meatballs
- Grainy bread + pita pockets
- Vegetable and lentil soup

FRIDGE

- Eggs
- Hummus or yoghurt dip

FRESH

- Veggies and fruit - spinach, cabbage, carrots, capsicums, cucumber, broccoli, avocados, bananas + apples *are especially versatile and easily available most of the time*

SANCK IDEAS

- Walnuts + dried apricots
- Cashews, almonds + cranberries
- Peanuts + raisins
- Sunflower seeds, pumpkin seeds, almonds + sultanas



Eggs on wholegrain toast with avocado



Omelettes with veggies + cheese - spinach, mushroom, capsicum, tomatoes, zucchini



Fresh filled **pasta** with canned tomatoes + added **veggies** from the freezer



Cooked from frozen: **fish**, veggies + oven-baked wedges (with no added salt)



Poke-style bowl: quick-microwave rice, any chopped veggies, frozen or canned beans, leftover protein or canned fish

Platter-style meals: chopped veg with meatballs or falafels cooked from frozen, hummus or yoghurt dip + pita pockets



Vegetable + lentil soup (home-made or store-bought) with wholegrain toast



PREP AHEAD IDEAS

Bite-size veg - for snacks, lunches, dinners - carrot, celery, capsicum, broccoli + cauliflower work well

Basic coleslaw-style salad - sliced cabbage + grated carrot - makes an ideal base for lunch or dinner

Roast veggies - potato, kumara, beetroot, carrot, cauliflower - add greens + protein for lunch or dinner

Meals to freeze - soup/casserole, or mince to go with rice/pasta/potato

If eating out or on the go, follow this guide to help you make healthier choices:

	HEALTHIER OPTIONS	LESS HEALTHY OPTIONS
Chinese	Steamed rice, vegetables, stir-fried meat, skinless chicken, fish, clear soups, Chow Mein - seafood/chicken.	Sweet and sour dishes, fried rice or noodles, "crispy" foods, wontons, satay prawns, battered meat.
European	Steamed, grilled, baked, stir-fried lean meat, poultry, fish/seafood.	Fried foods, creamy sauces and dressings.
Indian	Lentil dhal, tandoori chicken, steamed rice, small amount of plain naan bread, seafood, vegetable curries.	Poppadoms, samosas, deep fried dishes, paratha, coconut, meat based curry, garlic naan bread.
Italian	Pasta with tomato-based sauces and grilled meat, skinless chicken/fish, salads/vegetables. Pizza – thin-based with vegetable toppings, lean meat or fish, ½ amount of cheese.	Deep based pizza, creamy sauces, lasagne, carbonara, parmesan cheese, garlic bread, rich desserts, pizza with thick/stuffed crust and lots of cheese and meat.
Japanese	Sushi, sashimi, rice, miso soup, noodle dishes, teriyaki.	Tempura (fried in batter), Sukiyaki (fried in beef fat), pickled vegetables.
Malaysian, Thai, Vietnamese	Stir-fried seafood/skinless chicken/meat and vegetable dishes, clear soups, rice paper rolls, tofu, steamed rice.	Fried fish cakes, spring rolls, coconut milk/cream based sauce, curries or satay sauces, pad thai.
Mexican	Steamed tortillas, burritos, enchiladas with chicken and salad, vegetarian chilli, bean based dishes, chilli con carne.	Nachos, tacos, guacamole, sour cream, cheese.
Middle Eastern	Stuffed vine leaves, spinach, seafood, souvlaki, salads, grilled kebabs, couscous, cucumber and yoghurt dip.	Pastry desserts, deep fried falafel.
Bakery	Sandwiches on multigrain bread with tuna, chicken, egg and plenty of salad. Oat or nut-based cakes.	Doughnuts, cream-filled cakes. Fried food, sausage rolls, pies.
Petrol Station	Wraps and sandwiches packed with egg, chicken or tuna. Muesli and yoghurt pots. Salads. Small bran muffins. Nuts bars or oat-based bars.	Pies, fried food, large muffins, confectionary.

Recommended maximum levels of caffeine

Under 18 years old No more than 3mg of caffeine per kg in a single serving



E.g. for a 40kg child, 3mg x 40kg = 120mg

Over 18 years old MAXIMUM 400mg caffeine per day (from all sources)



MAXIMUM 200mg in a single serving

Pregnant & breastfeeding



MAXIMUM 200mg per day (from all sources)

How much caffeine in a single serving?



If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea (caffeine free)



flavoured water with fruit/vege



sparkling water



How much sugar is in your drink?



16tsp

500ml Energy drink



13tsp

600ml Soft drink



12.5tsp

600ml Chocolate milk



11tsp

500ml Frozen drink



10tsp

375ml Ginger beer



10tsp

750ml Sports drink



9tsp

400ml Fruit Juice



5.5tsp

250ml Tonic water



5tsp

500ml Iced tea

🌿 **Do you struggle to get a good night's sleep?
Wake up feeling tired and not refreshed?**

These eye masks are the answer!

These amazing sleep masks are padded, with a soft, smooth outer fabric. They provide 100% light blackout, which is great for sleep quality. 3 colours available. **Click here** to find out more!



🌿 **Keen for 1:1 support?
My team can help!**

Mission **Nutrition**
Dietitians & Nutritionists



Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz