

# EAT WELL

do you feel   
good?

Research has found that drivers often snack and eat junk food when out on the road. Reasons given for this are because they may not have the time, or don't know what to eat or where to get healthier food. Shift work often restricts drivers and they often don't make time to eat proper meals.

The following tips should help you to eat healthily, which will keep your body in working order and keep your weight down.



## Make time

It is really important that you make time to eat during your working day. Food is your fuel and you cannot function properly without it. Make sure you take a lunch break - your health is more important than money! If you don't have much time, taking a packed lunch is much easier. Don't overlook the benefits of eating during the working day and always find a way to make time for eating.



## Swap it

Why not try swapping the food you normally eat for healthy alternatives? For example, fruit instead of sweets, wholemeal bread instead of white bread, water or fruit juice instead of fizzy sugary drinks, home cooked food instead of takeaway, jacket potato instead of chips, etc. Many takeaways do have healthier options; for example chicken tikka pieces instead of donner meat, rice instead of chips; no mayonnaise and plenty of salad.



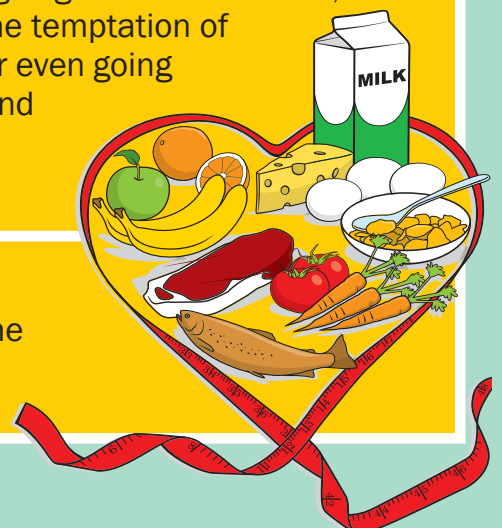
## Plan ahead

Make sure that you plan when and where you are going to eat in advance; this will avoid you getting hungry and giving in to the temptation of unhealthy foods. Consider taking a packed lunch or even going home for a meal. Plan what you are going to eat and stick to it, this allows you to plan a healthier and balanced diet.



## Three meals

Try to have three meals per day - this will reduce the need for you to snack throughout the day.





### 24 hr shops

Many drivers work late evening and night shifts, but supermarkets and shops are also often open 24hrs. Healthy foods are available and if in doubt what to buy, check the label as many products have traffic light labelling to help you make healthier choices.

PER PACK	
LOW	Fat 4.3g
LOW	Saturates 2.0g
MED	Salt 1.60g
LOW	Sugar 6.0g
Calories 275	



### Five a day

Try to eat at least five portions of fruit or vegetables per day. This will help you get the balance of your diet right and reduce the risk of heart disease, stroke and some cancers.



### Fasting

Balanced food and liquid intake is really important between fasts. To fully benefit from fasting, people should think about the type and quantity of food they will eat. Fruit, vegetables, cereals, bread, fish and dairy foods are all particularly important.



### Size matters

Watch portion sizes at meal times! Meals are often far larger than they need to be and it is often tempting and at little extra cost to 'go large' in takeaways or add extras that you don't need.



### Don't skip meals

People often skip meals such as breakfast because they don't have the time or want to loose weight. Skipping meals isn't good for you because you miss out on essential nutrients.



### Less salt, sugar and fat

Try to cut down on foods that are high in salt, sugar or saturated fats. Foods such as pies, butter, cakes, biscuits, pastry and chips should be swapped for healthier options.



### More fruit, veg & cereal

Try having cereal for breakfast and adding fruit, such as a banana. Also try to add one or more portions of vegetables to your meals and snack on fruit such as apples, pears, grapes in between meals.



### Plenty of water

You should drink 6-8 glasses of water per day to prevent your body from becoming dehydrated. During warm weather you will need more than this. Try to avoid fizzy sugary drinks.

