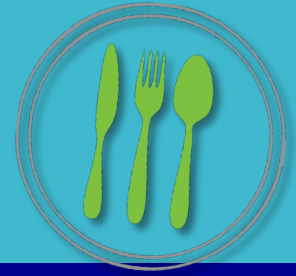


FUELING FOR THE WORK PLACE

It's important to fuel your body properly to sustain yourself through long shifts. Try out some of these quick, healthy and portable snacks to keep yourself well fueled on the go!



Tips for Fueling During the Work Day

- ✦ If working 8+ hrs, you need to consume at least 1 meal + 1 snack. 2 snacks would be better! Ideally, try to combine a protein and carbohydrate at each meal and snack.
- ✦ Stay hydrated and limit caffeine. Carry a water bottle with you and set goals for each day.
- ✦ Limit intake of simple sugars & processed junk foods—these are tempting when stressed but only leave you more tired and sluggish afterwards.
- ✦ Give yourself a break! Take full advantage of your meal breaks, take a load off our feet and try to eat your meals w/o distraction.

Pack yourself a healthy snack instead of leaving it up to chance to make healthier choices throughout the day!

- ✦ String cheese & crackers
- ✦ Apple + peanut butter or nuts
- ✦ ½ PBJ or egg salad sandwich + fruit
- ✦ Trail mix or yogurt parfait
- ✦ Pre-made shake or smoothie
- ✦ Baggie of sliced mixed fruit
- ✦ Granola or protein bar
- ✦ 2% cottage cheese w/ fruit or tomatoes
- ✦ Veggies (or pretzels) & hummus
- ✦ Hard boiled eggs



What Should I Eat... and When?

Snacks and meals should ideally include a protein, carbohydrate and fruit and/or vegetable. Aim to eat every 3-4 hours, going no more than 5 hours between meals or snacks for optimal energy levels!