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HEALTH

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FUELLING THE FRONTLINE:

Empowering nurses and midwives
with nutritious choices



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Components of a healthy balanced diet



No time? Have a Plan B

Veggies and fruit



Protein



Carbs



Snacks on the go



Working around the clock



Maintaining a healthy diet while working nights isn't easy, so here are some tips to help you along the way:

- Aim for small regular meals in a 24-hour period
- Eat according to the time of day
- Avoid big meals overnight
- Snack on protein overnight
- Avoid going to bed hungry

Sample meal ideas

Breakfast



Overnight oats with fruit, yoghurt and nuts



Poached eggs on toast with baby spinach



Peanut butter and banana on toast with a milk coffee

Lunch



Chicken and veggie soup with slice wholegrain toast



Cheese and salad sandwich



Tuna and bean salad

Dinner



Salmon fillet and brown rice with steamed green veggies



Chicken and veggie stir-fry



Bolognaise made with lean mince, veggies and pulse pasta



Hydration

Here are some hydration tips to help during a busy day:

- Reach for water or opt for decaffeinated tea or coffee varieties.
- If you choose to have caffeinated drinks, limit them to the first half of your shift so the effects of caffeine wear off before you go home.
- Add slices of cucumber, lemon or mint into your water to infuse it with a refreshing taste.
- Have a water bottle accessible throughout your shift.
- Set reminders to drink regularly.