



Nutrition for shift workers

Eating a healthy, balanced diet can be tricky if you are a shift worker, but with over 20 year's experience supporting shift workers, nutritionist Jane McClenaghan knows what works.

Over the next 4 weeks Jane will help you make changes that really impact how you feel and function on shifts.

We start with an in-depth look at diet for shift workers, followed up with 4 weekly mini sessions to help you make simple changes that work for you.

Here's what you'll learn :

- How to eat with your body clock to maximise energy on all shifts
- How to adapt your diet for different shifts
- Restful sleep - the link with diet
- The best foods to help you reset on rest days
- Menu suggestions for day shifts, night shifts and rest days

Get in touch

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