



Eat Right for Alertness

Welcome to this week's Safety Hour

The focus this week is the importance of eating right

Did you know that lack of sleep can lead to eating too often?

Your body will try hard to fuel itself — one way or another!

Unfortunately, this may make you gain weight.

Cravings, hunger, and overeating result from skipping meals or not eating on a schedule.

This kind of eating leads to spikes and lows in your energy and body chemistry.

Take the time to stop for breaks, and do your best to eat your meals and snacks at the same time every day or night

Besides eating regularly, you should try to eat foods that give you good energy.

This doesn't mean you need to go on a tofu and celery juice diet to prevent fatigue.

Just choose foods carefully to keep up your energy at work.

What This Can Do

Foods to Avoid

- Sugary sweets, e, g., Cakes & pastries Muffins
- Fatty meats e.g., Fatty cuts of beef, pork, lamb & chicken with skin
- Fried foods e.g., Chips, Donuts onion rings
- High-fat dairy products (e.g., whole milk, butter, lots of cheese, sour cream, ice cream)
- "Junk" food e.g., crisps, sweets,
- Fast foods (e.g., pizza or burgers)
- Soft fizzy drinks
- Alcohol

Foods for Good Energy

- Lean meats (e.g., skinless chicken turkey and red meat
- Fish shellfish crab salmon Tuna Trout sea foods.
- Soybeans, tofu, and other beans
- Low-fat dairy products, Cheese, Yogurt
- Fruits, apples, bananas, oranges, strawberries
- vegetables, Asparagus, Broccoli, Carrots, onions
- Wholegrain breads, cereal, and crackers
- Potatoes, rice, and noodles
- Fruit juice
- Nuts, pulses, and grains

Top tips

- 1 Remember to get your 5 a day.
- 2 Eat lots of fruit and veg. 3 Try and eat more fish.
- 4 Cut down on saturated fat and sugar. 5 Try to eat less salt
- 6 Get active and try to be a healthy weight.
- 7 Drink plenty of water. 8 Don't skip breakfast