

Shift to Healthy Eating at Work

Survive the Mid-Shift Slump

The slump is caused by the body's internal clock sending signals which cause drowsiness. Healthy habits can help keep you energized throughout your shift.

- Don't skip meals.
- Choose healthy foods, including protein (lean meats or nut butters) at meals and breaks.
- During your break, go for brisk 10 minutes walk or longer.
- Opt for a walking meeting, when possible.
- Get enough sleep. Most adults need 7–9 hours of sleep.

