

## Before your trip

- Fuel up with a good meal before work. Have wholegrain breads or cereals, and some protein like milk, yoghurt, cheese, eggs, or baked beans for lasting energy.
- Pack some vege or cheese sticks, fruit, a sandwich, or unsalted nuts for snacks. They'll help keep you alert, and stop you getting so hungry.

## On the road

- Take a water bottle and drink about 2 litres a day. Dehydration affects concentration.
- Tea, coffee, milk, and juice count towards the 2 litres but aren't as good as water. Coffee only gives you a short-term kick.

## When you stop for food

- Fill half your plate with greens, and a quarter each of meat/fish/beans and rice/pasta/potatoes.
- Order food with a tomato-based sauce rather than creamy sauce or gravy.
- Eat slowly: it takes about 20 minutes for your brain to realise you're full.

## Off the road

- Be more active. It increases your energy and concentration, and keeps you healthy.



Good fuel is as important for you as it is for your vehicle

A driving job demands hours of full-on concentration, and as you know, that can be pretty draining.

A study of a truck fleet showed that the number of serious crashes soared half an hour after the drivers ate fatty or sugary foods.

Eat small amounts often to stay fuelled but not overloaded.

If you work nights, good kai is even more important. Have a proper meal before you start, and take snacks.

Fatigue: Wake up to the danger



For more information on managing fatigue visit [www.acc.co.nz](http://www.acc.co.nz) or call 0800 844 657

# BETTER FUEL FOR YOUR BODY

## Sandwich

Instead of a burger, get a sandwich, kebab or wrap. They have more high-grade fibre and less grease.



## Baked or Grilled

Tuck in to grilled or baked food instead of battered or fried. It'll save you from heaps of fat.



## Thin Crust

Nothing beats a good pizza, but go for thin crust with heaps of vegies instead of a greasy one.



## Hydrate

Make sure you drink lots of water and have juice or flavoured milk instead of fizzy.



## Sweet Fix

When you want something sweet, have fresh or dried fruit, it can help you stay alert.



## Muffin

A bran muffin will keep you going for longer than a cakey sweet one.



## Dessert

Yoghurt and dairy food are better than ice-cream or thickshakes, and still taste good.

## Potatoes

Get wedges or a baked potato rather than chips. If you're feeling extreme, even ask for a side salad instead.



## Chicken & Eggs

For a protein fix, have boiled or poached eggs. Look for chicken that is roasted or grilled instead of fried.



## Snacks

Instead of potato chips, munch on unsalted nuts, plain popcorn, pretzels, or crackers with hummus or salsa.

## Scones

Nana was onto something. Have scones or pikelets instead of a cream bun, croissant, or Danish and you'll spare yourself lots of fat and sugar.

## Fast Food

If you've only got time for takeaways avoid fast food and get Chinese or Thai with rice. Sushi is good, and the wasabi wakes you up with a bang!



## Biscuits

Replace chocolate-coated biscuits with a plain style or muesli bars.



## Toastie

Have a toastie instead of something wrapped in pastry. Another high-grade hot meal is soup with brown bread.

