

# Healthy Heads

## Better Nutrition for Truck Drivers

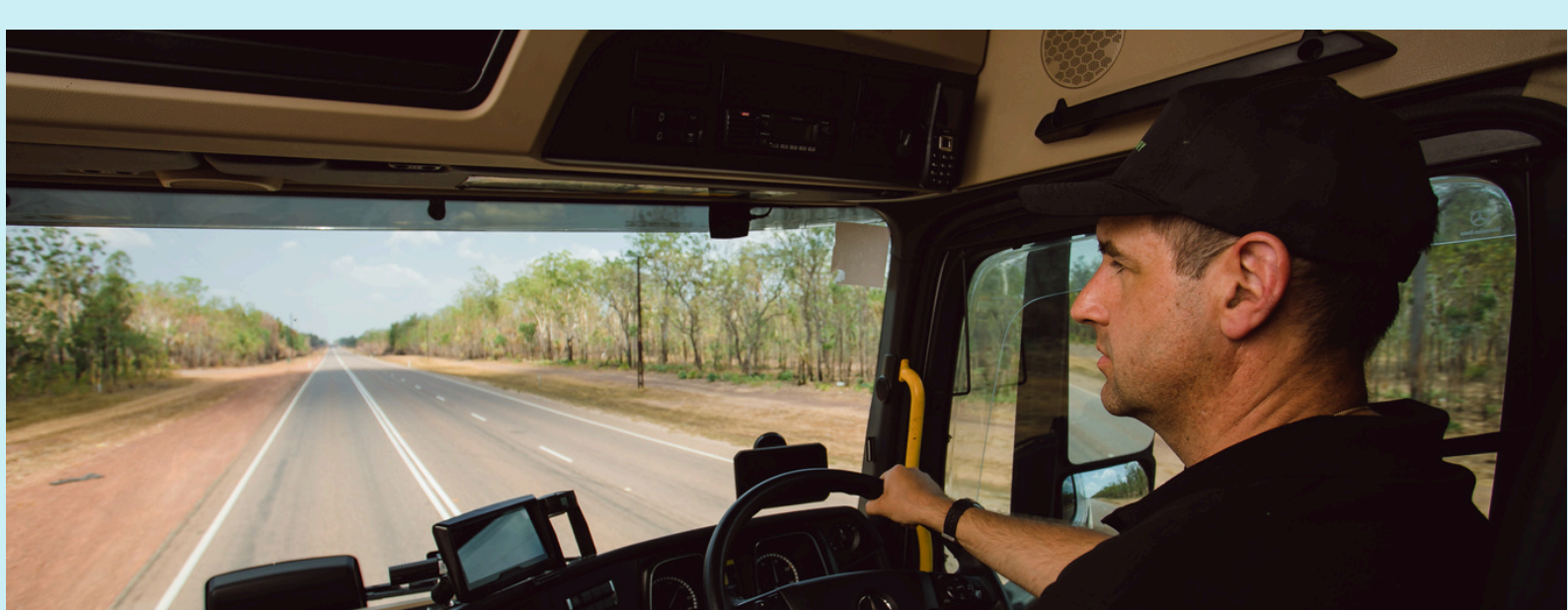


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# Introduction

These resources have been developed by Healthy Heads in Trucks and Sheds and the National Nutrition Foundation to support drivers in making practical changes to improve their nutrition and overall health and wellbeing.

What we eat impacts our physical and mental health; how we perform at work and how we feel. While there is no one size fits all 'diet' recommended, making small changes such as selecting a better option or increasing the variety of colours in your meals and snacks can go a long way to support your health.

This document contains checklists, infographics, articles and recipes for meals suitable to take on the road.





# Swap This for That

## Meal swaps and additions



Crumbed chicken

Battered fish and fried seafood

Processed meat (salami, sausage and bacon)



Pies

Sausage Rolls

Hot dogs

Burgers



Fried dim sims



Cream based pasta and curries

Pizza



White bread, wraps or rice

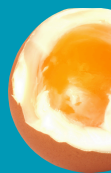


Baked, steamed, grilled or pan-fried chicken, fish, seafood

Tofu

Eggs

Roasted vegetables



Fresh sandwiches or wraps with lean meats and vegetables



Steamed dim sims or dumplings

Rice paper rolls

Sushi



Tomato or vegetable based pizza and pasta

Vegetable based curries and soups



Wholegrain or wholemeal bread, or wraps and brown rice





# Swap This for That

## Meal swaps and additions



Potato chips or other  
deep fried snacks



Iced cakes, cookies,  
slices, donuts,  
cheesecake, biscuits,  
lollies, chocolates



Savoury snack foods,  
biscuits, crisps



Soft drinks or sugar  
sweetened beverages

Energy drinks

Alcoholic drinks

Baked potato,  
potato salad or  
other vegetable sides



Fruit salad, fruit and yogurt  
cups, yogurt pouches



Dry roasted or natural nut  
mixes, wholegrain crackers  
and cheese, vegetable  
sticks and hummus



Water, sparkling water,  
unsweetened iced teas,  
flavoured water, diet soft  
drinks, milk based drinks  
with no added sugar



# Guide to a Healthier Esky

A little planning and action at home can go a long way in keeping drivers healthy and alert.

What's one change you can make this week or month?

## Daily

### Pack healthy meals and snacks

Enjoy a wide variety of foods from the five food groups

- ☐ 1+ type of **fruit**
- ☐ 2+ types of **vegetables** such as small carrots, qukes (mini cucumbers) or cherry tomatoes
- ☐ 1+ type of **lean meat or alternative** such as grilled chicken, tuna, roast beef, canned beans or hard-boiled eggs
- ☐ 1+ type of **grain (cereal) foods** such as pasta, bread, crackers, brown rice or quinoa (choose mostly wholegrain)
- ☐ 1+ type of **milk, yoghurt, cheese or alternative** such as a dairy or soy milk drink, yoghurt or cheese



### Pack your food safely

For more information on food safety, visit page 19



- ☐ Use an **insulated lunch box** with an ice block or truck fridge, making sure it has been properly cleaned before use
- ☐ Store food **away from sunlight** in your truck
- ☐ Use a **thermos** to keep hot foods hot
- ☐ **Reheat** your food properly at a rest stop if able
- ☐ Practice good **hand hygiene** before eating
- ☐ **Dispose of any leftover food** that has been left at room temperature at the end of the day; do not return to the refrigerator

## Weekly

### Know your schedule and plan ahead

- ☐ Try some creative **lunch box mixes** (check out page 7)
- ☐ Prepare some **healthy snacks** such as a trail mix, fresh fruit with peanut butter, hard-boiled eggs, wholegrain crackers with peanut butter, cheese or hommus, popcorn or granola cups with yoghurt



### Switch things up



- ☐ Challenge yourself to eat at least **5 different types of vegetables and fruit** every week.  
**Tip: Cut up vegetables and store them in a container so they are ready to eat**

### Eat seasonal and local

- ☐ There are many cost savings and health benefits to **eating seasonally and locally** (for more information check out page 10)



## Monthly

### Stock up on long life pantry staples

This will save time, energy and money



- ☐ Canned beans/legumes - a good source of protein, carbohydrates and fibre - **look for no added salt /sodium options**
- ☐ Canned tuna/salmon or tinned tuna and beans - a good source of protein and easy to store
- ☐ Shelf stable soups - look for low sodium options (<300mg/100g)
- ☐ Natural nut butters - make snacks more interesting and provide a small amount of protein and healthy fats
- ☐ Canned vegetables - an easy addition for added veg throughout the day
- ☐ Long-life milk - provides protein, vitamins & minerals
- ☐ Microwavable brown rice or grain cups - provides low GI carbohydrate and fibre
- ☐ Fruit cups in juice - an easy addition for added fruit throughout the day

### Add equipment

- ☐ Add equipment to your truck set up such as a sandwich press or portable blender to make your on the go meals easier

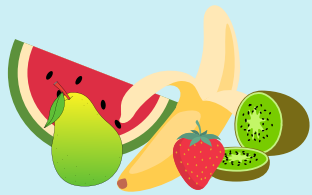




### Grain (cereal) foods (mostly wholegrain)

- Bread
- Wraps
- Pasta
- Brown or black rice or other grains

When building your lunchbox,  
aim to include...



### Fruit

- Snacks can also be a great time to include fruit as well as milk, yogurt, cheese or alternatives



### Vegetables and legumes

- Stir-fried vegetables
- Steamed vegetables
- Raw salad vegetables such as lettuce or coleslaw mixes
- Lentils
- Chickpeas



### Lean meats and alternatives

- Lean beef including mince
- Chicken
- Fish
- Tofu
- Legumes such as chickpeas, lentils, kidney beans



Milk, yogurt,  
cheese or  
alternatives



Drink plenty  
of water

# Building a Healthy Meal

The formula is simple:

1 grain (choose mostly wholegrain) + 1 lean meat or alternative + a truckload of veggies!  
Include fruit as well as milk, yogurt, cheese or alternatives in meals and snacks.

## Grains (choose mostly wholegrain)



Wholegrain bread



Crackers



Microwave rice cup



Steamed or baked potatoes



Wraps



Pasta



## Lean meat or alternative



Boiled eggs



Shredded chicken



Tofu



Canned tuna



Canned tuna and beans



Lean red meat

## As many vegetables and legumes as you like



Coleslaw kits



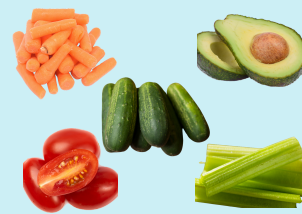
Salad kits



Canned



Frozen



Fresh

## Try these sauces

- Vinaigrette
- Balsamic Vinegar
- Sriracha
- Tamari
- Mustard
- Tabasco Sauce

As a guideline, select sauces that contain **less than 400mg/100ml sodium**.



## Meal examples to try

### Mexican Bowl

Beans and rice + wholegrain tortilla chips + can of corn + mashed avocados and chopped tomatoes.

### Tuna Salad

Can of tuna + precooked potato + hardboiled egg + salad mix + vinaigrette.

### Pasta Salad

Pasta pouch + precooked/roast chicken + spinach + tomato + cucumber + dressing of choice eg pesto or balsamic vinegar.

### Tofu rice bowl

Marinated tofu + microwavable rice + steamed frozen vegetables + dressing of choice eg tamari or sriracha.



# Ready to Eat Options

...and how to pick the best ones

Not all ready-to-eat options are created equal, so learning to read the nutrition information panel and understanding key nutrition targets can help you make better choices.

## Reading the Nutrition Information Panel

### Smokey Chicken with Roasted Chat Potatoes, Corn & Black Bean Salsa

#### Nutrition Information

Serving size per package: 1  
Serving size: 450g

	Qty per 100g/100mL	Qty per serving
Energy	431kJ (103 Cal)	1550kJ (371 Cal)
Protein	8.6g	31.0g
Total Fat	4.0g	1.6g
Saturated Fat	1.0g	3.6g
Carbohydrates	7.7g	27.7g
Sugars	3.8g	3.8g
Sodium	174mg	628mg
Dietary Fibre	2.1g	7.7g

Use the **per 100g** column to compare nutrients in similar products as serving sizes differ.

#### Ingredients

Vegetables (47%) (Potatoes (32%), Corn Kernels (5%), Green Capsicum, Red Capsicum), Free Range Diced Chicken (33%), Black Beans (9%) (Black Beans (80%), Water, Salt, Firming Agent (509)), Red Kidney Beans (9%) (Red Kidney Beans, Water, Salt), Olive Oil, Spices, Herbs, Salt.

**May Contain Gluten, Wheat, Egg, Fish, Milk, Soy, Tree Nuts, Sesame, Mollusc, Peanuts, Sulphites, Crustacean.**

Always listed in **weight** order from **largest to smallest**.

Allergen statements are important to declare allergens present or indicate the possible unintended presence of an allergen.

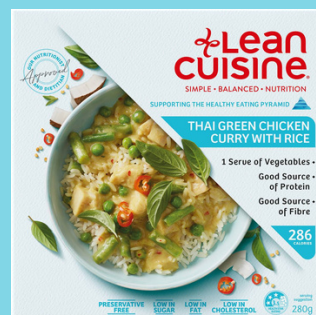
## What to look for

	Energy per serve	Saturated Fats per 100g	Sodium per 100g	Sodium per serve	Fibre per serve	Sugar per 100g
<b>Best Choice</b>	2000 kJ or less	2g or less	250mg or less	750mg or less	5g or more	15g or less
<b>Good Choice</b>	2500 kJ or less	2g or less	300mg or less	900mg or less	3g or more	15g or less

# Ready to Eat Examples

Available 2024

From the fridge / freezer



From the shelf



# What's in season?

Make the most of veggies by eating in season. Seasonal veggies are fresher, tastier, and often cheaper since they're frequently on sale.

## Spring

September, October, November

artichoke	mushrooms
asian greens	onion
avocado	spring onion
beans	parsnip
beetroot	peas
broccoli	potato
brussels sprouts	pumpkin
cabbage	radish
carrot	shallot
cauliflower	silverbeet
celery	spinach
corn	squash
eggplant	sweet potato
fennel	tomato
leek	turnip
lettuce	zucchini

## Winter

June, July, August

asian greens	kale
avocado	leek
broccoli	mushrooms
broccolini	okra
broad beans	onion
brussels sprouts	spring onion
cabbage	parsnip
capsicum	potato
carrot	pumpkin
cauliflower	radish
celery	shallot
cucumbers	silverbeet
eggplants	spinach
fennel	sweet potato
horseradish	turnip

## Summer

December, January, February

asparagus	onion
avocado	spring onion
beans	peas
beetroot	snow peas
cabbage	sugar snap peas
capsicum	potato
carrot	radish
celery	shallot
corn	silverbeet
cucumber	squash
daikon	tomato
eggplant	watercress
leek	zucchini
lettuce	zucchini flower
okra	

## Autumn

March, April, May

artichokes	leek
asian greens	lettuce
avocado	mushrooms
beans	onion
beetroot	spring onion
broccoli	parsnip
brussels sprouts	potato
cabbage	pumpkin
capsicum	silverbeet
carrot	spinach
cauliflower	squash
celery	swede
corn	sweet potato
cucumber	tomato
eggplant	turnip
fennel	zucchini



# Pick Me Up Snacks

Fuel your mind and body with **healthy, whole-food snacks** high in protein and low GI. They'll keep you full and energised throughout the day.

The general rule for choosing snacks is wholefoods first however some guidelines for choosing snacks are:

<b>Energy</b>	Around 600kj
<b>Fibre</b>	Snacks high in fibre are great for our digestive system to keep us full
<b>Sugar</b>	Less than 15g per 100g
<b>Sodium</b>	Less than 400mg per 100g
<b>Saturated Fat</b>	Less than 3g per 100g
<b>Protein</b>	Higher protein snacks will keep you fuller for longer

A healthy diet can also include moderate to high GI foods which are beneficial for a quick energy burst when we need it for jobs like manual handling or unloading the truck. While low-GI foods are better for sustained energy, picking the right high-GI options like a bowl of cereal or toast with fruit and a drizzle of honey can still be nutrient-dense.

Here are some easy snack ideas that will last the long trip..



Hard boiled eggs



Smoothie



Yoghurt with fruits and nuts



Hummus and vegetables



Banana and peanut butter



Cheese and crackers



Whole fruits

Check out these specific brand examples..



## Truckies Trail Mix

Mix together and then portion:

- 1.5 cups of your favourite **unsalted raw or dry roasted nuts**
- 1 cup of your favourite **seeds** such as sunflower, pumpkin, sesame, hemp
- 1 cup of **no added sugar dried fruits** such as sultanas, apricots, blueberries, coconut flakes, banana
- 0.5 cups of fun stuff such as popcorn, pretzels, chocolate



Serves: 12-15 (approx 35g serves)

# Fighting the feelings of fatigue

**Top tips to keep yourself and others safe on the road!**

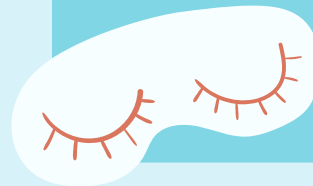
## **#1 Stay Hydrated**

Aim to drink 2-3 litres of fluid (mostly water) per day to maintain optimal hydration.



## **#2 Prioritise Sleep**

Getting sufficient sleep is essential to combat fatigue.



## **#3 Moderate Caffeine Intake**

Excess consumption can affect your sleep and lead to increased fatigue. Limit caffeine intake and avoid consuming before bedtime.



## **#4 Eat regularly**

Avoid skipping meals. Incorporate a variety of foods across the day; this will help to sustain energy levels.



# Frittata to go

 **Serves: 5**  **Difficulty: Medium**



## Ingredients

- 2 tbsp olive oil
- 1 red or green capsicum - diced
- 1 cup pumpkin - diced
- 1 zucchini - diced
- 1 cup sweet potato - diced
- 1 cup mushrooms - sliced
- 1/2 red onion - sliced
- 1 cup spinach
- 1 tsp garlic - crushed
- 6 eggs - beaten
- ½ cup reduced-fat milk
- 1 cup grated reduced fat cheese
- ½ tsp smoked paprika
- ¼ tsp dried oregano
- ¼ tsp black pepper

## Method

1. Pre heat the oven to 180c.
2. Put the pumpkin and potato in a bowl and toss with a third of the oil, tip on a tray and bake for 20-25 minutes.
3. Toss the capsicum, mushrooms and zucchini with another third of the oil and bake for 10-15 minutes.
4. In a pan, heat the remaining oil and fry off the onion and garlic.
5. Tip all of the vegetables including the onion and spinach into a bowl and mix with the paprika, oregano and pepper.
6. In a separate bowl, beat the eggs, cheese and milk together.
7. Combine the 2 mixtures and pour into a lined and lightly sprayed deep dish and bake for 35 minutes to an hour, depending on the size of the tray, or until set and beginning to brown slightly. Serve hot or cold.



# Bircher Muesli



Serves: 4



Difficulty: Easy



## Ingredients

- 1 ½ cups rolled oats
- 1 cup low fat milk
- 1 apple - grated
- 2 tbsp pepitas (pumpkin seeds)
- ¼ cup orange juice
- ½ tsp orange rind - grated
- 1 ½ cups raspberries (fresh or frozen)
- ¾ cup natural yogurt
- 2 tbs pistachios - chopped

## Method

1. Combine oats, milk, apple, pepitas and orange juice in a bowl. Cover and refrigerate overnight.
2. Stir orange rind through muesli.
3. Divide between serving bowls and top with raspberries, yogurt and pistachios.

# Lentil Bolognese

 **Serves: 4**  **Difficulty: Medium**



## Ingredients

- 1 brown onion
- 4 garlic gloves
- 1 carrot
- 1 celery stick
- 1 tbsp rosemary leaves
- 8-10 mushrooms
- 400g can brown lentils
- 1 tbsp olive oil
- 400g can crushed tomatoes
- Salt and pepper to season
- 1/2 cup water
- 500g spaghetti
- Parmesan cheese to serve

## Method

1. Wash carrots and celery under cold water and finely dice. Peel brown onion and finely dice. Set aside in a bowl.
2. Peel garlic cloves and finely dice. Roughly chop rosemary leaves. Peel mushrooms and roughly chop. Set aside.
3. Drain and rinse lentils. Set aside.
4. Heat olive oil in a large saucepan over medium-high heat.
5. Add onion, diced carrot and celery to the pan and cook, stirring for 1-2min. Add garlic and rosemary and cook for 1min. Add mushrooms and cook for 3-4min.
6. Add lentils and season with salt and pepper. Add canned tomatoes and cook, stirring for 1-2min. Add water and stir. Bring to the boil then reduce heat to low.
7. Simmer for 15min until sauce begins to thicken.
8. Meanwhile, cook spaghetti according to packet instructions and drain.
9. Stir cooked spaghetti through sauce and serve with parmesan.

# Power Berry Smoothie



Serves: 1



Difficulty: Easy

An on-the-road smoothie is a meal or snack, packed full of fibre, protein and healthy fats to keep you full, plus it's an easy way to include fruit or vegetables if you don't particularly enjoy them. Try out some frozen cauliflower for added nutrients; you won't even notice it!



## Ingredients

- 3/4 cup mixed frozen berries
- ½ frozen banana
- ½ cup milk
- ¼ cup rolled oats
- 1 tbsp peanut butter
- Vegetables –
  - e.g. 1 cup spinach
  - e.g. ¼ cup frozen cauliflower
- 2 tbsp Greek yoghurt
- 1 serve of protein powder – optional

## Method

1. Put all ingredients in a blender or portable blender and blend until smooth.





## Nutrition and Fatigue: A Vital Connection for Transport Workers

Fatigue among truck drivers isn't just a matter of feeling tired – it's a serious safety hazard that can lead to accidents on the road. The demands of the job, including long hours, irregular sleep patterns, and isolation, can take a toll on both physical and mental well-being. Among the various factors contributing to fatigue, nutrition plays a significant role.

In Australia, a staggering 20% of fatal road crashes are caused by driver fatigue. This fatigue often manifests as sleepiness and mental exhaustion, compromising driving performance, reaction times, and overall alertness. Poor diet, characterised by excessive consumption of discretionary and processed foods, exacerbates these issues, leading to dangerous driving behaviours.

### WHY NUTRITION MATTERS

Like trucks, our bodies rely on food as fuel. What we eat directly impacts our energy levels and fatigue. Adequate intake of vitamins and minerals is crucial for supporting energy production and overall bodily functions. Deficiencies in essential nutrients can exacerbate feelings of fatigue and tiredness, highlighting the importance of maintaining a balanced diet.

### TIPS FOR FIGHTING FATIGUE

#### 1. Stay Hydrated

Dehydration can contribute to fatigue, so aim to **drink 2-3 litres of fluid (mostly water) per day** to maintain optimal hydration levels.

#### 2. Prioritise Sleep

Getting sufficient sleep is essential for combating fatigue. **Aim for at least 8 hours of sleep**, even with challenging shift work schedules. Sustained sleep deprivation can impair decision-making abilities and make it harder to maintain a healthy diet.

### 3. Moderate Caffeine Intake

While caffeine can temporarily boost alertness, excessive consumption can lead to increased fatigue overall. **Limit caffeine intake to 400mg per day** and avoid consuming it **within 8 hours of bedtime**.



Caffeine levels in common products	
Espresso	145mg caffeine per 50ml cup
Formulated caffeinated beverage or 'energy' drink	80mg caffeine per 250ml cup
Instant coffee ( 1 teaspoon/cup)	80mg per 250ml cup
Black tea	50mg caffeine per 250ml cup
Cola drinks	36.4mg caffeine per 375ml can
Milk chocolate	10mg caffeine per 50g bar

### 4. Eat Regular Meals

Consistent, balanced meals provide the body with the necessary nutrients for sustained energy levels. **Align your eating schedule with your body's circadian rhythm**, even during night shifts, to optimize energy production. As much as possible, aim to eat to the body's natural circadian rhythm (if working night shift, aim to eat meals when you traditionally would, for example eat dinner before your shift starts, include healthy, wholefood snacks throughout the night, eat breakfast at the end of the shift or before going to bed and eat lunch when waking).



### 5. Diversify your Diet

Incorporate a variety of fruits, vegetables, wholegrains, healthy fats, lean meats, and low-fat dairy into your meals to ensure you're getting essential nutrients. Limit consumption of high-fat, high-sugar, and highly processed foods, which can contribute to fatigue and impair overall health.



By prioritising nutrition and implementing these strategies, truck drivers can take a step to mitigate the risk of fatigue-related accidents on the road. Remember, your health and safety, as well as that of others, depend on your ability to stay alert and focused behind the wheel.

**So, fuel your body right, stay hydrated, and drive safe!**





## Mindful Miles: Nutrition for Mental Health

Research shows that drivers report more severe levels of psychological distress compared to other Australians.

Driving long hours can be tough, and mental health should be prioritised just as physical health. Positive lifestyle habits such as a healthy diet and regular exercise can improve mental health.

What we eat can impact how we feel, which makes sense when we consider the link between our gut and our brain. Although there is no single diet considered the 'best' way to eat for your mental health, including a wide variety of vegetables, fruit, wholegrains, fish and seafood will be beneficial.

### TIPS FOR IMPROVING YOUR NUTRITION

#### 1. Eat the Rainbow

Aim to include as many plant foods and a range of colours. Including **at least 30 different types of plant foods (vegetables, legumes, fruit, wholegrains, nuts, seeds, herbs and spices) each week** will provide the bacteria in our gut with the fuel to produce compounds in our body that are beneficial for our brain health.

Start small and aim to include a different type of plant food this week that you wouldn't normally; maybe purchase some dried fruit or ready-to-eat flavoured chickpeas for a snack on the road!

#### 2. Go for the WHOLEgrain

Select wholegrains like wholemeal bread or pasta, oats, weetbix, brown or black rice or grains like quinoa. These will provide our body with B group vitamins and tryptophan; an essential amino acid important for the production of serotonin (commonly known as the feel-good hormone).





### 3. Include a Serve of Healthy Fats

Unsaturated fats such as avocado, fish such as salmon, sardines or tuna, nuts, seeds and olive oil are important for brain health. In particular, oily fish includes omega-3 fatty acids which, when consumed regularly, can positively impact our mental health.

### 4. Practice Mindful Eating by Removing Distractions

Focusing on our meal (rather than TV, computer or phone) will give our brain a chance to register satisfaction from our food and help to avoid overeating.

#### STEPS TO MINDFUL EATING:

##### 1. Consider

*Why are you reaching for a certain food? Are you stressed or seeking comfort? Tired? Do you need a 5-minute break? Or are you physically hungry?*

##### 2. Slow Down

*Slow down and eat intentionally, removing distractions.*

##### 3. Be Present

*Appreciate your food and focus on what you're enjoying about it.*

##### 4. Savour

*Focus on the taste, texture & smell of your food.*

##### 5. Check-In

*Are you satisfied? You can use the hunger fullness scale to determine if you have eaten enough. This sounds simple but it can take a lot of practice! Aim to keep between a 3 to a 7 or 8.*



Hunger-Fullness Scale	
1	Empty, shaky, dizzy, nauseated
2	Stomach pain, loss of concentration, lack of energy
3	Beginning of physical signs of hunger, slight stomach growling
4	After a snack
5	Neutral, comfortable
6	Can begin to feel food in stomach but need more to be satisfied
7	Satisfied
8	Full
9	Overfull, sleepy
10	Uncomfortable, feeling physically sick, no energy

A man with grey hair, wearing an orange high-visibility polo shirt, is standing next to a truck. He is looking towards the camera. The background shows the side of a truck with various equipment.

## Fueling the Drive: Nutrition for Shift Work

We know that shift workers are at higher risk of lifestyle conditions such as cardiovascular disease, increased blood pressure and obesity.

Irregular schedules make it challenging to prioritise nutrition, but **small steps in what we choose to eat can go a long way** in improving overall health for the short and long haul.

Our body works on a 24-hour cycle which helps regulate when we fall asleep and wake up, our digestion and hormones.

We are creatures of habit and when working different shifts our body struggles to adjust which can lead to disturbances in our sleep, mood, and not surprisingly, what we eat.

### **Common barriers to consuming a healthy diet while completing shift work include:**

#### **1. Eating to fight fatigue:**

When driving long hours and late at night it can be tempting to reach for foods higher in saturated fat and refined sugars. These **won't** keep us sustained and energy levels will soon fall, prompting us to reach for the next snack.

#### **2. Limited access to suitable storage:**

Healthy meals and snacks can't be eaten if they aren't stored on the truck. This can result in reliance on canteens and vending machines.

#### **3. Irregular work times and interrupted or no set break times:**

This can impact the ability to plan and execute a healthy diet.



## Tips for Shift Workers to Overcome These Barriers:

### 1. Keep a Regular Eating Pattern

Regardless of your shift time, it's important to eat consistent meals and snacks according to the time of the day. Where possible, aim to eat meals when you normally would according to the body's natural circadian rhythm. For example, breakfast in the morning, lunch during the day and dinner at night-time around the sleeping pattern required to recover from your shifts.

### 2. Include Protein in your Snacks

A source of protein like mixed nuts, dairy such as yogurt or cheese, jerky, tuna, eggs or roasted legumes such as chickpeas will keep you full and energised for longer.

### 3. Select Wholegrains Rather than Processed Carbohydrates

Options like wholegrain bread or crackers, brown or black rice or other grains like quinoa in place of processed carbohydrates like pastries and biscuits will sustain concentration levels over the day.

### 4. Choose Healthier Drinks

Drink plenty of water and find ways to reduce soft drink intake, for example substitute these with teas (either hot or iced); there are lots of flavours you can get creative with. Avoid caffeine for 6-8 hours before you plan to sleep; even if you're usually able to fall asleep straight after a coffee this will always impact your sleep quality.

### 5. Plan for Success

If spending your Sunday meal prepping with Tupperware isn't your style, consider a simpler approach: try ingredient prepping instead. Take some time to chop fruits and veggies, portion snacks, and pack lunches. This way, you'll have healthier options ready-to-go when mealtime comes.

Also look at foods you can purchase which have a longer shelf life, reducing the trips to the shops you need to make for healthy options like tinned legumes and fish, soups and frozen meals.







## Ensuring Food Safety on the Road

As a driver; you're no stranger to the tests of the open road. One often overlooked challenge is food safety which involves storage, handling and preparation of food in a careful way to reduce the spread of bacteria and minimize the risk of illness.

### Why Food Safety Matters

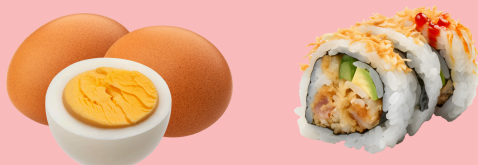
It's not just about taste; it's about keeping yourself and others healthy.

A major cause of food contamination is bacteria, which can multiply quickly and hitch a ride on food given the right conditions, causing you to become very unwell with food poisoning.

High risk foods don't necessarily need to be avoided; many are very healthy options. They simply require some extra steps in the storage and preparation processes.

#### Examples of High Risk Foods

- Dairy products
- Meat/poultry/seafood
- Cooked grains (rice, pasta)
- Sliced processed meats
- Prepacked salads and cut fruits
- Food containing eggs (cooked or raw)
- Ready to eat foods such as sandwiches or sushi



#### Examples of Low Risk Foods

- Unopened canned foods (tuna, salmon, beans, vegetables)
- Uncut fruits
- Shelf stable snacks and sandwich spreads
- Dry foods (crackers, biscuits, plain bread)



# Tips to Keep Food Safe on the Road

## 1. Temperature Control

Keep foods within safe temperatures (5°C or colder, or 60°C or hotter); a food thermometer might help with this on the road. Throw out any foods that have been outside these ranges for more than two hours.

## 2. Refrigeration Tactics

Ensure your refrigerator is set to 5°C or colder; if you don't have one onboard, an insulated lunchbox, bag or portable cooler can be used to keep foods generally refrigerated cold for shorter periods of time (1-2 days).

## 3. Hot Solutions

Use a thermos to keep hot food hot.

## 4. Freezing Power

Freeze cold foods as soon as possible after purchase if you don't plan to use them within a few days.

## 5. Separate and Conquer

Keep cooked and ready-to eat foods away from raw foods to prevent cross-contamination. Store raw meats below other foods to avoid dripping.

## 6. Heat is not always our friend

Keep food away from direct sunlight / heat.

## 7. Stay sharp on dates

Monitor best before and expiry dates and rotate food (longest expiry dates to the back).

## 8. Clean and Covered

Ensure containers are washed and dried before use and cover all food with tight fitting lids.

## 9. Personal Hygiene

Wash hands and nails thoroughly before and after preparing foods, after visiting the toilet, using a tissue, coughing or sneezing, handling rubbish, touching hair or other body parts. While hand washing is still required, sanitising liquid or wipes can be helpful while on the road.

If you have food poisoning, take care of yourself first. Stay off the road and avoid handling food for yourself or others. If symptoms like nausea, vomiting, diarrhoea, pain or fever persist, visit your doctor.

