



Tips for Shift work:

1) Working extended shifts/back to back or doubles that equal being awake for greater than usual for one day (i.e. up to two days straight).

Obviously, clients get caught up in the fact that if they follow frequency then they will eat too many calories during that time frame. Solutions are as follows:

a) Since we give a range on eating every 2 - 3 hours, they should push this to the maximum (i.e. 3 hours vs. 2 hours).

If this change does not cover their shift/length of day, then proceed:

b) Split each meal into two smaller snacks (as required) each thus increasing frequency from 6-8 to 9-11 times / day. It's important to reinforce that they are NOT consuming additional food in their snacks but rather the same amount over more times throughout the day/shift.

If this change does not cover their shift/length of day, then:

c) Add single servings of PRO (i.e. 7 g PRO) and minimal carbs or fat as additional snacks/PRO first throughout the shift/length of day. Importantly, they should ensure that their calorie total for the day is not greater than their target for the day by more than 100 - 200 calories.

Also, I believe it's important to remind them of how important adequate sleep is to weight loss and management. This suggests that a lifestyle change is a lifestyle change and for the sake of their health they might need to change jobs or request different shifts, whatever it takes.