

# Fuel your Mind

Our minds need fuel to allow us to concentrate and stay alert. Quality fuel is important. Here are some great options that you can pack for your next shift:

## 1. Yogurt

This tasty dairy snack contains probiotics – live microorganisms that have been found to be beneficial our brain and bodies. Bring a pouch or cup or you can make your own at home by combining Greek yogurt with frozen berries and muesli of your choice.



## 2. Canned Tuna



Tuna is a good source of protein and omega 3 fats, which help you feel fuller for longer and are beneficial for your brain health. Canned tuna is cost effective and has a long shelf life, meaning you can bring them anywhere for a quick snack or protein boost for your meals.

## 3. Vegetable Sticks and Hummus

Carrots, capsicums, celery, and cucumbers make great snacks and provide you with essential vitamins, minerals and fibre. Pair them with some hummus (you can even get ones in pre-portioned mini servings) for a fresh and crunchy snack.



## 4. Hard Boiled Eggs

This is also a great source of protein. Eggs are easy to prepare in bulk and can be a quick option to add to your meals or snacks. Try adding some baby spinach and hummus to make a quick to go snack cup.



## 5. Fruit

It's recommended to eat **2 serves of fruit a day** and you can easily achieve this by including fruit as a snack.



**Important: don't forget to drink plenty of water to help remain alert.**