



Managing Fatigue for the Fleet Safety Professional

Reduce Fatigue Through Better Nutrition



Five Tips for Fleet Drivers

1. Take advantage of nutritional support and education through your health insurance and employee assistance programs.
2. Use large, reusable, stainless-steel water bottles to take on the road to support hydration and reduce consumption of sugary drinks.
3. Have healthy, energy-providing snacks such as fruit, nuts, and seeds handy for your drive.
4. Avoid fried foods, highly processed foods, and sugary sweets at company meetings and events. Instead, enjoy fresh fruits and vegetables, lean proteins, and complex carbohydrates. Dark chocolate is a great alternative to other sweets because it has less sugar and a little caffeine.
5. Identify convenience stores in your operating area that are well stocked with healthy snacks and fresh foods. Look up these locations before your drive.

Did You Know?

Choosing healthy foods can have an impact on your mood and alertness.

A well balanced diet containing proteins and complex, whole-grain carbohydrates, along with lots of fiber and a little healthy fat gives your body the energy necessary to stay focused and alert throughout the day.

Starchy or sweet foods may be satisfying in the short term, but later, processing those carbohydrate-heavy foods can cause you to feel tired or sluggish.