



What Keeps You Steady

ON-SHIFT FUEL GUIDE

The right fuel can help you stay even, focused, and in control – instead of riding energy spikes and crashes. Four simple principles. No special diet required.

Protein + Carbs Together

Combining protein with carbs keeps your energy steady instead of spiking and crashing. It gives your body something that lasts – not just a quick boost.

- Banana + peanut butter
- Greek yogurt + fruit
- Protein bar + water

Hydration

Drinking water consistently helps you stay clear, focused, and more in control. Even mild dehydration can make you feel more fatigued and on edge.

- Water bottle in the car
- Add electrolytes on long shifts

Consistent Fueling

Eating something small every few hours helps prevent energy drops. It keeps your system steady instead of running on empty mid-shift.

- Snack between calls
- Small meals, avoid long gaps

Slow, Steady Energy

Foods that break down slower help you stay even throughout the shift. They support focus and reduce energy swings when you need your head in the game.

- Oatmeal or whole grain wraps
- Nuts and trail mix

Fuel steady = stay steady. Small choices during your shift can make a big difference in how you feel and perform.