

Download One Nurses View On Work And Dieting

Nurses who work in hospitals and clinics are likely more concerned with nutrition as it relates to recovery from illness, surgery or other treatments. Nurses can talk to patients at the bedside and explain the special meals they have at the hospital that aid recovery, as many patients will be on special diets during their stay. A healthy nurse is an efficient nurse—this is a proven fact. And to keep yourself in tiptop shape, you need not only effective exercise routines, but also a diet rich in energy-dense nutrients. Struggling to keep yourself energized without adding extra pounds on your weight? No problem! Here are eight must-know nutrition tips for a [...] What are your eating habits when you work nightshift? Studies show nurses and other people that work long hours often buy takeaways rather than make a home cooked meal. A nurse we asked who has been doing nightshift for 20 years said she has always followed a three meal a day schedule. Home Your Health Nutrition tips for nurses who work shifts. Your Health; Nutrition tips for nurses who work shifts. September 11, 2009. Facebook. Twitter. ... Eating just one large meal a day may contribute to calorie loading, which can overwhelm your body with calories it doesn't need and can't handle. ... [Click Here to view our privacy ...](#)