



**Mental and Physical
Safety on our Roads**

Good Nutrition for Better Performance

Aim for 2 serves of fruit and 5 serves of veg daily.

1 serve of fruit =



1 medium banana;



1 cup of canned fruit;



1½ tspn dried fruit.

1 serve of veg =



1 cup of salad leaves;



1/2 cup of frozen or canned veg;



1/2 a cup of canned beans, peas, or lentils.

FACT

Canned and frozen fruits and veggies are nutritious, convenient and can be cheaper than fresh produce.

When we eat, food gets turned into sugar (glucose) and provides energy to fuel our body. The type of food, nutritional value, quantity and timing of meals can affect how our body converts what we eat and drink into energy.

Some foods provide short, sharp bursts of energy and other foods provide a longer, slower increase in energy levels which helps fuel our body and brain.

Choose foods that provide long-lasting energy to stay alert to keep you safe when driving or operating a heavy vehicle.



How to Stay Healthy and Alert on the Road

- Eat a well-balanced mix of foods from the key food groups;
- Try to eat smaller, regular and more frequent meals;
- Limit or swap out food or drinks with saturated fat, added salt, added sugars and alcohol;
- Plan what you are going to eat before you're hungry; and
- Choose and drink plenty of water to keep your brain refreshed.





Fuel Your Body

TRY Asian Slaw and Sweet Chilli Tuna

This dish can be eaten cold and crunchy or warm and hearty. Double the quantity for double the meal!

You'll need:

1/2 cup cabbage, shredded
1/2 medium carrot, grated
1/2 stalk celery, thinly sliced
3 snow peas, thinly sliced
1/4 apple, thinly sliced
1/4 cup cooked brown rice
90 g can tuna in sweet chilli sauce

What to do:

- Mix together vegetables, apple and rice.
- Add tuna just before serving.



TIP

Squeeze some lemon on the apple to prevent browning, or slice it just before serving.

Source: LiveLighter

Make small, healthy changes for safe and alert driving.

Try these tips to get you started:



Drink water when you feel peckish



Pack healthy snacks such as:

- nuts or crackers;
- fresh or dried fruit;
- tuna; or
- veggie sticks with hummus or salsa.



Fill up at least half of your plate with veggies



Bulk your dishes with canned veggies, legumes, and tuna



Swap fried for fresh foods



Stock up on freezer friendly meals to take with you (if you have a fridge, freezer and microwave access)



Where possible choose fat free, low salt or sugar-free options



For more information on how nutritious food helps you stay healthy and alert while driving contact us:

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