

# THE PROFESSIONAL DRIVER



## DIET, MOOD AND DRIVING

EVERYONE IS AWARE OF THE PHYSICAL EFFECTS OF DIET, BUT HOW DOES DIET AFFECT OUR MOODS AND BEHAVIOUR?



- ✓ CONCENTRATION LEVELS
- ✓ FATIGUE
- ✓ AGGRESSION
- ✓ RISK TAKING

**GUIDELINE DAILY AMOUNT VALUES** USUALLY THE NUMBERS USED ON FOOD PACKAGING ARE A WOMAN'S GUIDELINE DAILY AMOUNTS

FEMALE						MALE					
CALORIES	SUGAR	FAT	SATURATES	SALT	CARBS	CALORIES	SUGAR	FAT	SATURATES	SALT	CARBS
2000kcal	90g	70g	20g	6g	230g	2500kcal	120g	95g	30g	6g	300g

### TIREDFNESS

The main culprits for feelings of tiredness are carbohydrates, sugar and fats. Slow-burning carbohydrates such as apples, pears, cauliflower, broccoli, and lentils are a source of sustained energy as they provide energy gradually. Potatoes, bread, cereals and pasta all make up energising starches, but try to make them whole grain or wholemeal. Foods rich in iron have been shown to prevent fatigue.



### FOOD AND THE BRAIN

### CONCENTRATION

Foods high in gluten, such as white bread, biscuits and bagels can reduce our ability to concentrate.

A cup of coffee or tea can provide a quick pick-me up. Just ensure that you stay hydrated to ensure consistent concentration levels.

A breakfast of high-fibre wholegrains, dairy and fruits improves concentration, attention and short-term memory.

### ANXIETY & DEPRESSION

Hydration has a big impact on our feelings of anxiety and depression. Drinks such as alcohol and caffeine can make you dehydrated, leading to feelings of stress. Sugar can give us a quick, initial high but leave us feeling tired and low eventually.

Lack of vitamin B is believed to trigger depression. Though it can be taken as a supplement, vitamin B can be found in red meats, citrus fruits, eggs and legumes.

### HYDRATION WHAT DRINK IS BEST FOR DRIVING?



While caffeinated drinks can provide a short energy boost, water is the best way to stay hydrated with none of the side effects of caffeine

## CARBOHYDRATES

Sugar content from processed foods like sweets, chocolates, and biscuits, can leave you feeling sluggish. The sugars found in fruit and vegetables will be more beneficial as they contain other nutrients, such as vitamins and iron, and you will feel more energised.

Starch is generally the most common form of carbohydrate in our diet. It is contained in potatoes, breads, cereals, pasta, etc. These foods are high in vitamin B, which helps the body to release energy from foods. Opt for wholegrain and wholemeal varieties to ensure you are getting the most nutrients out of starch carbohydrates.

Fibre has been known to improve digestive health, which is essential to getting all the nutrients needed for a driver's workload. Fibres are only found in foods that come from plants, so it would be wise to include oats & barley, fruits, and root vegetables in your daily diet.