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Eat plenty of vegetables to reduce hunger while you are trying to lose weight. (Image: ariwasabi/iStock/Getty Images) Certain foods can help reduce hunger while you are limiting your calorie intake.
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You can still lose weight even if you work the overnight shift. You may have to be more diligent in packing healthy snacks and meals as the food available to you at all-night fast food restaurants or convenience stores isn't always the best option. If your shift lasts for eight hours, for example, treat it like an eight-hour day at an office. Eat a healthy, whole foods meal prior to beginning your shift and plan for another during; budget for one or two snacks.
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