



# Prevention and health guidelines for **safe driving**

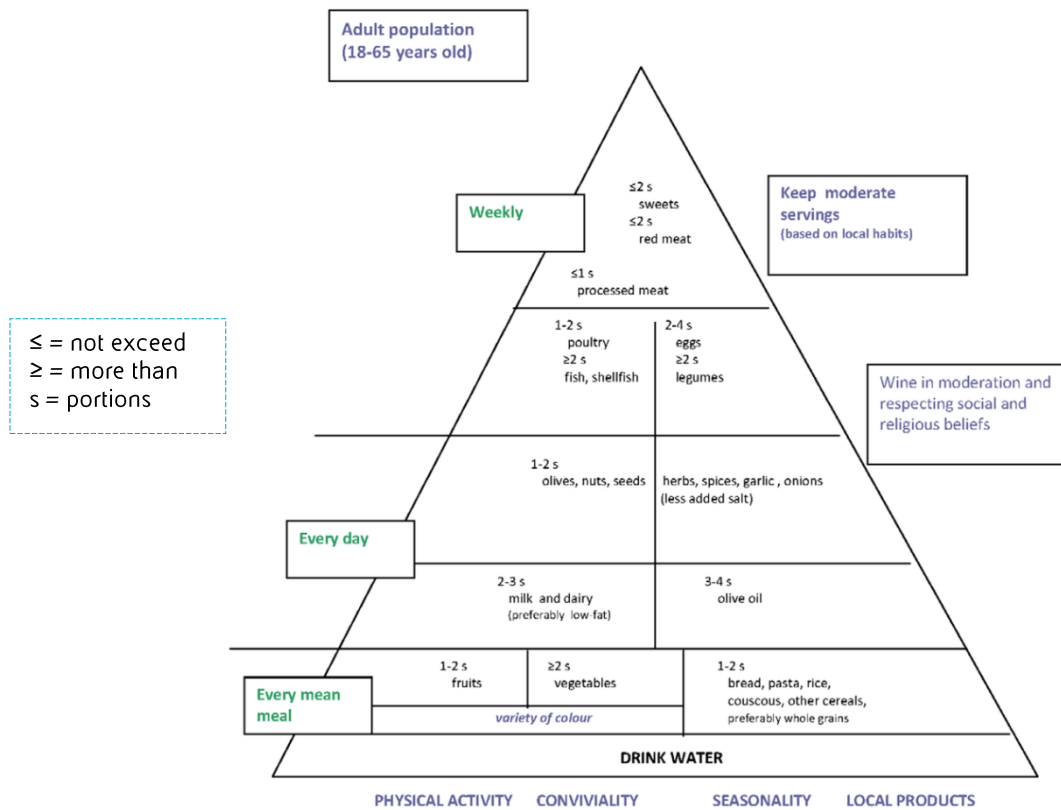
How and what do you eat?

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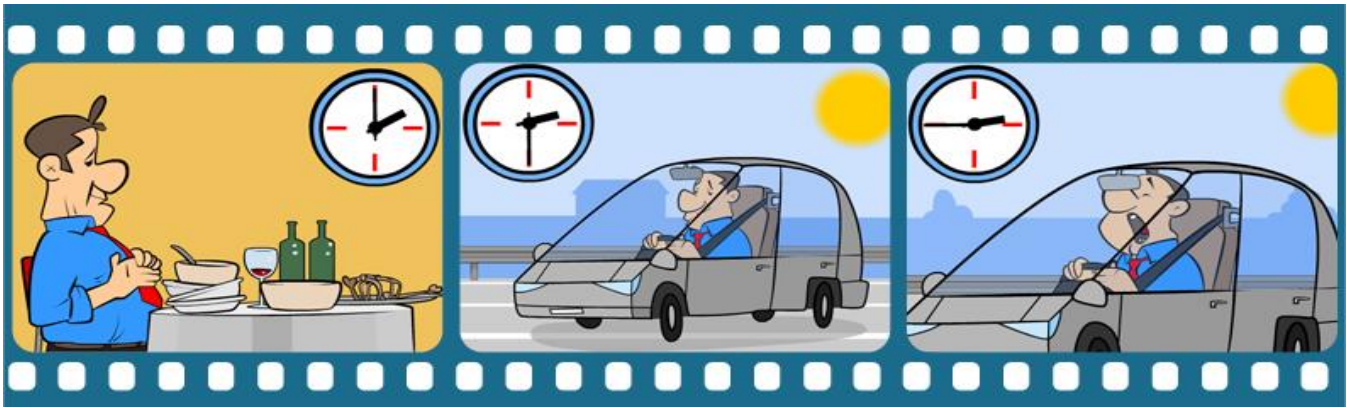
## Correct eating habits to be in top mental and physical shape

The quality and quantity of the food you eat influences your mental and physical condition. A proper eating regime includes protein, vitamins and minerals in variable quantities according to your age: the Mediterranean diet, shown in the diagram, is a good nutritional model.

## Pyramid representing the modern Mediterranean diet (INRAN 2009)



Being in top mental and physical shape, helped along by a good eating regime, will also ensure you drive safely. There are however some things to look out for with regard to the meals you eat while on the road.



The meals you eat in the minutes (or hours) before setting off can have a detrimental effect on the working efficiency of your brain, especially if they are heavy or rich in fats.

## The right amount of glucose (sugar)

To stay sufficiently alert, we have to keep our glucose (sugar) levels up in order to maintain levels of glycogen in the liver. A long period without eating tends to deplete these reserves, risking hypoglycemia and a resultant fall in alertness. Let's not forget also that a sudden rise in blood sugar levels (hyperglycemia) is just as dangerous.



For maximum alertness, and to keep our reaction times sharp, **don't consume a large quantity of high glycogen index** (an index which indicates the speed of digestion and assimilation of a carbohydrate) carbohydrates in a single meal.

## What are your eating habits like?

Answer these questions about those symptoms traceable to OSAS.



Is your diet unvaried and fat-heavy?	Yes, often	Sometimes	No
Do you have a sedentary lifestyle?	Yes, often	Sometimes	No

If your answers are mainly under the red or orange traffic light, it's time to change your habits. Remember that a varied diet and physical exercise help to keep you in top mental and physical form and hence contribute to safe driving. Follow this dietary advice:



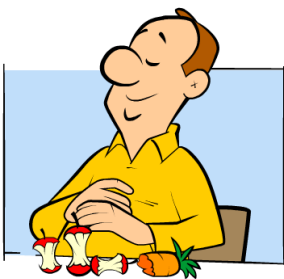
Keep your weight under control and stay active.



Don't drink alcohol or energy drinks before driving and in any case limit their consumption.



Drink lots of water every day.



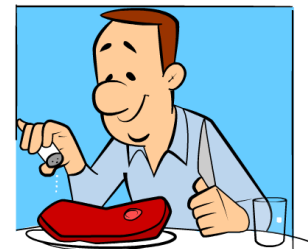
Eat more cereals, legumes, fruit and vegetables.



Limit your consumption of fats and only use quality products.



Limit your consumption of sugar, sweet foods and sugary drinks.



Reduce your salt consumption.