CONGRATULATIONS!

Deciding to quit smoking is one of the healthiest things you can do for your body.

Many people who quit smoking are concerned that they will gain weight.

WHY DO SOME PEOPLE GAIN WEIGHT WHEN THEY QUIT?

- Your metabolism may slow down a little bit, meaning the body uses less energy. Weight gain results when we eat more energy than we use.
- You may be more likely to eat more food because food tastes and smells better.
- Some people who quit smoking may gain a few pounds (average weight gain is 5 to 6 pounds), but remember that quitting tobacco is much better for your health. You would have to gain 80 to 100 pounds to offset the benefits of quitting.

HEALTHY SNACKS

Include healthy foods when snacking. Try:
- Raw vegetables and hummus
- Low sugar whole grain cereal and milk
- Fresh fruit and yogurt
- Whole grain mini bagel and low fat cheese
- Baby carrots and cottage cheese
- Applesauce and slivered almonds
- Whole wheat crackers and pear slices

TIPS TO HELP YOU AVOID WEIGHT GAIN

- Drink lots of fluids. Choose water instead of coffee or alcohol. Water helps reduce cravings and rid the body of nicotine and other harmful chemicals.
- Decrease caffeine. Effects of caffeine are increased when you stop smoking. You may feel anxious or nervous. Coffee, tea and alcohol are often associated with smoking and may trigger a craving.
- Increase physical activity. This will help you cope with cravings.
- Don’t skip meals. Missing meals may cause you to feel tired and may trigger cravings and overeating. Eating small meals more often may be helpful.
- Ask yourself why you want to eat. Are you truly hungry or is it a craving for a cigarette? Cravings usually last 30 seconds to 2 minutes. Delay acting on a craving, it will pass.
- Be aware of overeating. Use smaller plates so that portions look larger. Take your time when eating, chew food slowly and enjoy the flavours.
- Choose healthy foods at meals and snacks. Try vegetables, fruit, whole grains, low fat milk products, beans and lentils, and small servings of lean meats.

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