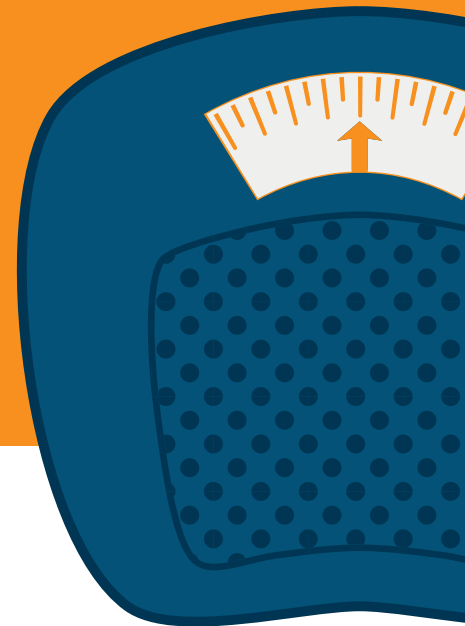


WEIGHT GAIN AND QUITTING



Weight gain is normal

- It is normal to gain five to 10 pounds in the first few months. The average person gains less than 10 pounds.
- Not everyone who quits smoking gains weight.

Smoking versus weight gain

- Smoking is much worse for your health than weight gain.
- Smoking has the same effect on your health as gaining 100 pounds.

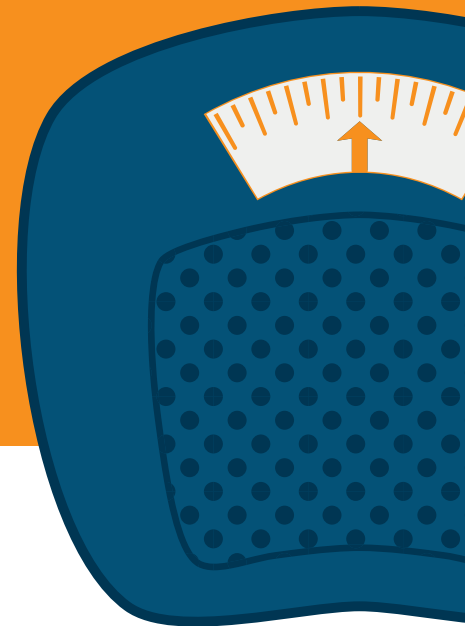


Why weight gain when quitting?

- Food is comforting; people tend to replace smoking for food when trying to quit.
- Food tastes and smells better; non-smokers have a better sense of smell and taste than smokers have.
- Non-smokers have no nicotine; nicotine dulls hunger feelings in smokers.
- Eating replaces the hand to mouth habits and action of smoking.
- A non-smoker's body needs fewer calories—a smoker's body uses more energy because of the nicotine.

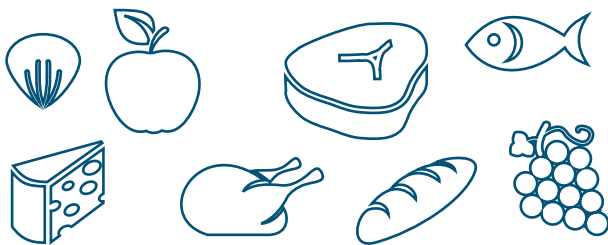


WEIGHT GAIN AND QUITTING



Foods to eat — reduce weight gain

- fruit and veggies
- iron-rich foods: red meat, whole-grain cereal, clams, mussels, beans
- poultry and fish
- whole grain foods: cereal, bread, pasta, rice
- dairy: milk, cheese, yogurt—fat reduced



Healthy snacks

Prepare healthy snacks ahead of time:

- apples, grapes, berries and carrots
- hard-boiled eggs
- dry, no-sugar cereal
- rice crackers and rice cakes
- pretzels
- unsalted nuts
- dry meat or fish

Other tips

- Eat slowly, eat well, pause after you eat.
- Eat every meal; do not skip meals.
- Eat normally; do not diet.
- Drink lots of water; limit alcohol.
- Exercise at least 30 minutes each day.
- Avoid foods/snacks high in fat, sugar and salt.
- Find stress relief.
- Find good substitutes for smoking.



References

For a list of references, email tobacco@gov.nu.ca.
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