

# WEIGHT GAIN

## WHAT HAPPENS?

As people go through the quitting process, they may notice a slight weight gain. Many people do gain weight after quitting, in fact, it is the prime reason go back to smoking.

Because nicotine depresses the appetite and affects digestion, smokers tend to weigh less. Research shows that food remains in a smoker's stomach longer, therefore they feel full longer. Nicotine also alters a smoker's metabolism so smokers convert fewer calories to fat.

The benefits of quitting far outweigh the potential of gaining a few pounds. Here are some tips to control Weight Gain:

1. Exercising can control weight gain. Start an exercise program that you enjoy. Walking is an excellent source of exercise. Check with your doctor before starting any exercise plan.
2. Use Sugar-Free substitutes, stock up on the following foods:
  - a. Sunflower Seeds
  - b. Carrots
  - c. Popcorn (without butter)
  - d. Yogurt (low fat, unsweetened)
  - e. Apples
  - f. Bananas
  - g. Dry roasted peanuts
  - h. Check out the [Munchie Checklist](#) for more ideas
3. When planning to quit, pay attention to your mealtime routines:  
You may want to:
  - Take smaller portions

- Put your fork down between mouthfuls
- Drink plenty of water (in fact drink a large glass of water with each meal)
- Eat sliced fruit for desert
- Leave the table when you are finished eating

Then take a walk, brush your teeth and wash the dishes.

4. Eat Healthy Snacks – urges to snack are greater after you quit using tobacco
5. Avoid Alcohol – Alcohol is high in calories and is linked to relapse
6. Distract yourself with hobbies to keep your hands busy such as puzzles, knitting and gardening
7. Plan menus carefully...Don't try to lose weight, just maintain your weight!
8. During the early quitting stage, avoid parties where high calorie foods may be served.

### **QUIT SMOKING FOR GOOD!**

Don't worry about eating less, focus on eating more healthy and increasing your exercise.

### **WHAT TO DO:**

- Eat more lean meat and fish
- Eat more fruits and vegetables. Remember the FDA's "Strive for Five", which means you should have at least five servings of fruits and vegetables per day
- Eat less sugar
- Cut down on Fat