



NB anti-tobacco  
**COALITION**  
antitabac du N.-B.

Tobacco Free. Everyone. Everywhere.  
Sans tabac. Pour tous. Partout.

## Will I Gain Weight When I Quit Smoking?

The health benefits of quitting smoking far exceed the problems associated with gaining a few pounds. For example, you would have to weigh 90 lbs more than your recommended healthy weight to achieve the same risk of developing heart disease as that posed by continuing to smoke.

During the first few months after quitting smoking, many people experience a small weight gain because:

- Nicotine is a stimulant and speeds up your metabolism. After quitting, your metabolism returns to normal.
- Nicotine is an appetite suppressant.
- Food tastes and smells better after quitting so you may eat more than usual.
- You may use food to replace smoking and to help you deal with cravings.



## How Can I Deal With Unhealthy Cravings?

**Keep tempting high calorie foods out of the house:** Don't buy them. Have healthy snacks on hand and ready to eat.

**Keep your mouth busy:** Drink water, suck on a mint, chew sugar-free gum, or snack on plain popcorn, raw cut up veggies or fresh fruit.

**Create new eating cues:** Smoking a cigarette can often signal the end of a meal. Create a new cue that the meal is done by getting up from the table, brushing your teeth or going for a walk.

**Avoid alcohol:** Consuming alcohol is a risk factor for smoking. It is best to avoid drinking alcohol until you feel confident you have broken the association.



# What Can I Do To Maintain A Healthy Weight

**Eat regularly:** Starting with breakfast eat every 3-4 hours (3 meals and 2 snacks). Skipping meals may cause you to over-eat later in the day and become irritable which will make it harder to resist cravings.

**Eat a variety of healthy food:** You need a variety of nutrients for good health and no one food provides them all. Canada's Food Guide can help you choose the recommended portion size of a variety of healthy foods from the four food groups.

**Increase your intake of fruits and vegetables:** Fruits and vegetables are full of vitamins, fiber and antioxidants, all known to help prevent and fight disease. Have at least one vegetable or fruit at every meal and snack to get the recommended 7-10 servings each day.

**Have balanced meals:** Fill half of your plate with vegetables, a quarter with lean protein and a quarter with high fiber starch.

**Select low fat choices:** Diets high in fat also tend to be high in calories. To reduce fat intake, try drinking skim, 1% or 2% milk, selecting lower fat yogurts, cheeses and lean meats. Also trim all visible fat from meat.

**Increase your fiber intake:** A diet high in fiber can help curb your appetite, create a feeling of fullness and reduce the risk of developing conditions such as heart disease and diabetes. Increase your fiber intake by choosing vegetables, fruit, beans, lentils and whole grains such as brown rice, oats, whole grain breads and whole wheat pasta.

**Plan meals and snacks ahead of time:** Planning your meals and snacks ahead of time will make you more likely to stick with your healthy eating plan.

**Choose healthy snacks:** Choosing healthy snacks helps to prevent over-indulging at meal time. Quick healthy snack options include: raw veggies, fruit, low fat yogurt, whole grain crackers and cereals, hard-boiled eggs, low fat white or chocolate milk and nuts, pumpkin or sunflower seeds.

**Drink lots of fluids:** Drinking plenty of water each day helps to maintain good health, suppresses appetite and helps you replace high calorie and caffeinated beverages.

**Be Active:** To achieve health benefits, you should be active for 30 to 60 minutes every day. Walking, biking, gardening or taking the stairs are examples of ways you can make physical activity part of your daily life.

## For more information please visit:

**New Brunswick Anti-Tobacco Coalition:** [www.nbatc.ca](http://www.nbatc.ca)

**Healthy Eating and Physical Activity Coalition of New Brunswick:** [www.hepac.ca](http://www.hepac.ca)

**Eating well with Canada's Food Guide:**  
[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

**Dietitians of Canada:** [www.dietitians.ca](http://www.dietitians.ca)

**Smokers' Helpline:** [www.smokershelpline.ca](http://www.smokershelpline.ca)