More tips........

Don’t start dieting! Restricting your food intake can result in an even slower metabolism as your body becomes more efficient at using energy! Concentrate on eating low fat, healthy foods.

Eat slowly. Put down silverware between bites. Give your body a few minutes to register with your brain that it is satisfied before getting second helpings.

Reminder:

Quitting is a two part process—dealing with the nicotine addiction and the habit of smoking. Don’t substitute the habit of eating for smoking!!

For more information on weight control and quitting call:
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Illinois Tobacco Quitline
1.866.QUIT.YES

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Quitting and Weight Control

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You can do it without weight gain!

Many people try to use the excuse "I will gain weight" to keep from quitting smoking. Once you quit smoking, there are reasons for wanting to consume more food:

- Improved taste and smell make foods more appealing
- Food is substituted for cigarettes in order to satisfy a learned oral need
- Food is used as a reward for not smoking
- Changes in eating patterns and types of foods consumed
- More aware of hunger

However, if you follow some of the tips below, you can keep your weight gain to a minimum:

- Avoid quitting during stressful times or over holidays. These may decrease your willpower to limit food consumption.

- Make sure your distraction from smoking is not eating! Many people substitute the motion of eating for smoking a cigarette.

- Keep your mouth and hands busy another way..... string beads, draw or play with an echo-sketch, chew on straws, toothpicks or gum, suck on a lollipop. Keep a bag of carrot or celery sticks handy– they have very few calories!

- While it is true that your metabolic rate will drop when you quit smoking, you can counter it ‘s effects by increasing your activity. You don’t have to join a health club– simply walk short distances rather than drive, park farther away in the parking lot, take the stairs. Learning a new sport or physical activity will not only help burn the calories, but keep you distracted from smoking!

- Be sure to eat some protein for breakfast (for example: egg, yogurt or peanut butter). It helps prevent midmorning slumps that you may experience when first quitting.

- Watch the sweets. It is believed that nicotine affects the level of blood sugar in the body, so when nicotine is withdrawn, there may be an increased craving for sweets.