



Weight Management

Many people who want to stop smoking are also concerned about gaining weight. Although the nicotine in cigarettes is an appetite suppressant, quitting smoking does not have to lead to weight gain. You can control your weight while you quit by making healthy eating and physical activity a part of your life. If possible, you should start making these changes even before you quit smoking.

- Become more active. Walk or do some other type of exercise for at least 30 minutes each day. Exercise helps burn calories and it also helps reduce stress. Think of ways to increase the amount of activity you do each day. For example take the stairs, walk instead of driving, or park further away.
- Drink 6 to 8 glasses of water a day.
- Avoid drinks that contain caffeine, such as coffee or soda. Caffeine can make nicotine withdrawal worse by adding to the jittery or nervous feelings that you may get when you first quit.
- Eat a healthy diet containing lots of fruits and vegetables.
- Avoid high fat and high snack calorie foods such as chips, nuts, cookies, crackers and sodas.
- If you eat out often, learn to order healthy meals.
- Do not use food as a substitute for cigarettes. Try to eat only when you are truly hungry. If you must have something to put in your mouth, try sugarless gum, hard candy or carrot sticks.
- Get enough sleep (7-8 hours). Feeling tired can make you crave cigarettes or food. Regular exercise will help give you more energy.