

Quitting Smoking Without Gaining Weight

You Can Do It! Many people are able to stop smoking and maintain their weight. You can too.

Plan to quit when food will be less of an issue, like holidays or special events.

- Make your quit day during a low stress time.
- For the first couple of weeks, avoid parties.
(Places where you may be tempted to smoke and to eat more.)
- Remember, alcohol is a trigger and high in calories.

Be careful not to substitute food for cigarettes.

Instead of eating, distract yourself by: calling a friend, reading, taking a walk, drawing or knitting. If you must put something in your mouth, try a toothpick or sugarless gum.

Watch out for stress.

- Instead of reaching for a cigarette or food when you get stressed, take a deep breath.
- Meditate. And be positive. You are doing something wonderful for yourself by quitting, be proud.

Look for ways to reduce cravings.

- Consider using a nicotine gum or patch. These will help reduce the cravings for cigarettes and may help you avoid weight gain.
- Drink water.
- If you are craving sugar while quitting, try using artificial sweeteners or sugarless gum.

Increase your activity.

- You may need to exercise more to keep your weight the same while quitting.
- Take the stairs if you can.
- Add a new or fun activity to your week; swim, ride a bike or play tennis.

Get Support.

Ask your family and friends for support. Consider joining a stop smoking program or support group. Ask a your doctor for help in planning a sensible eating plan that's right for you.