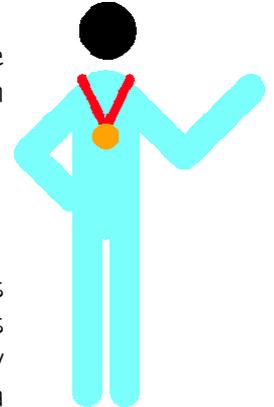


## Stop Smoking Without Gaining Weight

If you are giving up smoking and are concerned that you may put on some weight, this factsheet will give you some practical ideas on how to stay in shape when you quit.



### Will I put on weight if I quit smoking?

It's common to gain weight when you quit smoking. However, don't let this put you off from quitting as the health risks from weight gain are far less than if you continue to smoke. The priority is to stop smoking and tackle any weight gain later. There is very little evidence that weight gain leads to a relapse in people who have quit smoking.

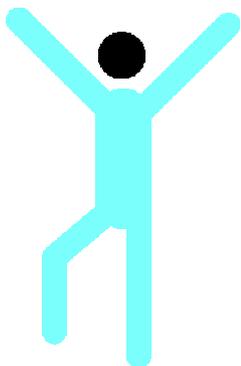
You put on weight when you take in more energy (calories) from food than you use. This extra energy ends up as fat.

### Why do some people put on weight when they quit smoking?

- ◆ Smoking can reduce appetite, so some people eat more when they stop.
- ◆ Food may taste better, so some people eat more.
- ◆ Some people smoke at the end of a meal, so a cigarette is replaced by a second helping or pudding.
- ◆ Some people find they want to eat more sweet foods.
- ◆ Smoking can cause the body to waste some of the energy (calories) from food, and when you stop smoking the body needs less food energy (calories).

### How can I control my weight when I quit?

- ◆ Not eating as much so you take in less energy (calories)
- ◆ Using more energy (calories) by exercising.
- ◆ It is best to do both



- ◆ However, eating sensibly and being active during your quit attempt can help avoid a bigger problem later on.
- ◆ Becoming more active can also help to take your mind off smoking and improve your mood. Walking and cycling can be fun and enjoyable too.

Turn over...

# Stop Smoking Without Gaining Weight (2)

## Ideas for healthier eating

- ◆ Eat lots of fresh fruit and vegetables which are low in calories.
- ◆ Replace sugar in tea, coffee, squash and pop with sweeteners or products containing sweeteners.
- ◆ Use wholegrain bread and spread thinly with low fat spread.
- ◆ Avoid fatty foods such as pies, cakes, crisps, chips, creamy and fatty sauces, fried rice, etc
- ◆ Grill or steam foods instead of frying.
- ◆ Choose lean meat and cut the fat off, eat more chicken, fish and beans.
- ◆ Choose low fat versions of salad dressings and sauces
- ◆ Drink alcohol in moderation—it can contain a lot of calories and make you want to eat more

## Nibbles and Snacks

Some people want to eat more when they first quit. This usually settles down after a few weeks, but is the main cause of weight gain. If you want a snack try some of the following:

- ◆ Sugarfree gum
- ◆ Tea or coffee with skimmed milk
- ◆ Raw Vegetables
- ◆ Sugarfree drinks or mineral water.
- ◆ Fruit
- ◆ Low fat, low sugar yoghurt,
- ◆ Wholemeal sandwich with low fat filling such as salad, banana, marmite, lean ham or turkey
- ◆ Bowl of wholegrain cereal with semi skimmed milk.

## For further support with weight management:

- ◆ Free 12 week weight management programmes are available—see [www.fitterfutureswarwickshire.co.uk](http://www.fitterfutureswarwickshire.co.uk)
- ◆ [www.nhs.uk/livewell/loseweight](http://www.nhs.uk/livewell/loseweight)
- ◆ [www.bda.uk.com/foodfacts/Want2LoseWeight.pdf](http://www.bda.uk.com/foodfacts/Want2LoseWeight.pdf)
- ◆ Apps—search for Change for Life Smart Recipes, My Fitness Pal