
Quitter's Guide to Weight Control:

How to Avoid Weight Gain When You Quit Smoking

Worried About Weight Gain?

- The average person who quits smoking gains about 4-10 pounds.
- Remember: The dangers of smoking far outweigh the risk of a possible 4-10 pound weight gain.
- Not everybody who quits smoking gains weight.



Why the Weight Gain?

- Nicotine, the drug found in tobacco, tends to speed up metabolism. You may need fewer calories to avoid weight gain.
- Smoking dulls your taste—food will taste and smell better after you quit.
- Your appetite may increase after quitting smoking.

You Can Control Your Weight!

- **Exercise!** Physical activity burns calories, can decrease appetite, and may help with stress and cravings.
- **Make a healthy plate.**



- Have regular, well-balanced meals throughout the day.
 - Choose calorie-free beverages and low-calorie snacks such as fruits and vegetables.
 - Use smaller plates and bowls to control portions and calories.
 - Write down what you are eating. This can help you see where you can make healthier choices and find out if you are eating when you are not hungry.
- **Consider what will take the place of smoking.**
 - Do not replace smoking with snacking.
 - Keep your mind distracted and your hands busy. A craving lasts for only about 5 minutes! Go for a walk outside, chew a piece of sugar-free gum, read, or enjoy your favorite hobby. Try a crossword puzzle or call a friend.

Congratulations on making the decision to become healthier!