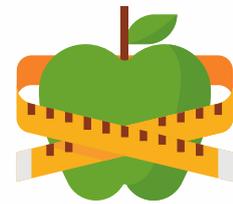


Avoiding Weight Gain



Some people gain weight when they quit smoking.

This may be because:



- ▶ Nicotine suppresses appetite
- ▶ Some people turn to snacking to manage cravings.
- ▶ Smoking speeds up your metabolism so your body burns calories at a faster rate. When you stop smoking you actually need fewer calories.
- ▶ Food can taste better when you stop smoking which can lead to over-eating
- ▶ You may replace the hand-to-mouth action of smoking with food

You can mitigate weight gain by using NRT or e-cigarettes to replace the nicotine from cigarettes, controlling the number of calories you consume in your diet, avoiding alcohol, and taking more exercise.



Helpful Hints

- ▶ Keep your metabolism high by taking regular exercise. Try walking rather than getting the bus or using a lift.
- ▶ Combat hunger pangs by keeping a stash of healthy treats to hand. Nuts, fresh fruit and veg sticks are ideal.
- ▶ Eat smaller portions of food until your metabolism has stabilised. It takes 20 minutes for you to feel full after eating, so take a break (go for a walk) after your main meal and see if you still feel hungry in half an hour. If so, dip into your healthy treats.
- ▶ Just because food tastes better, it does not mean you need to eat more of it. Chew your food slowly and enjoy each mouthful.
- ▶ Make sure you use your stop smoking medications regularly to help suppress craving