

## **WAYS TO CUT BACK WHAT YOU EAT (SHORT OF A FULL-BLOWN DIET)**

### **Advice for People Who Are Quitting Smoking**

- Don't snack between meals. Instead, spread what you would normally eat in three meals into five or six smaller meals, spaced throughout the day. This lets you satisfy your need to nibble without increasing the overall caloric intake and decreases the chances of overeating in the evening.
  - Drink fruit juices, especially for the first few days after quitting. The acidity of the juice can help to accelerate the excretion rate of the nicotine and stabilizing the drop of blood sugar that some quitters experience.
  - If you often used a cigarette to signal the end of a meal, find some other way to tell your body and mind that eating time is finished -- like a cookie or special cracker, a cold glass of water or some mints. Without a closing ritual to replace the cigarette, some ex-smokers keep eating even after they aren't hungry anymore.
  - Immediately after a meal, get up and brush your teeth. This is another way to signal the end of eating. After you have brushed your teeth, you are less likely to eat up what's left. And the clean feeling will be a welcome change after years of having that cigarette taste.
  - When you feel an urge to snack on something, turn to your cigarette stand-ins. Just as the urge to smoke passes quickly, so the urge to eat something may pass as well. It may not be real hunger but nerves or the desire for something in your mouth or hands.
  - Make sure you eat healthy breakfast in the morning. Many smokers get used to smoking a cigarette with coffee and a donut or in some cases, smoking a cigarette instead of food.
  - Make sure you have healthy treats available to avoid the "mid-morning lows" that a recent quitter tends to experience around the time of the regular morning cigarette break.
  - Choose snack foods like carrots and celery that take time to chew. This helps with the oral cravings that smokers have during the first few weeks of a quit attempt. The added bonus is that these foods are low in calories and not as habit forming as candy or other sweets. Because most smokers tire of the healthy munchies after a few weeks, the snacks don't become a permanent and caloric replacement for cigarettes. weeks
  - Consider using nicotine gum or bupropion (trade names Zyban or Wellbutrin) which have been show in some studies to lessen immediate weight gain following smoking cessation.
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