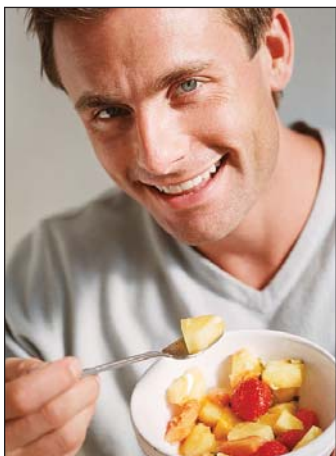


Weight Control While Quitting

For some people, concern about gaining weight may be a major factor in deciding **not** to quit tobacco; for others it can be the main reason they go back to tobacco use. Don't let weight gain issues weaken your resolve. Focus on quitting tobacco, and use the following tips and information to strengthen your resolve and keep you from excess weight gain.

- Most people who gain weight while quitting tobacco gain less than 10 pounds. In fact, the average weight gain is about 5 pounds.
- Not everyone gains weight when quitting tobacco.
- What you gain from quitting tobacco far outweighs the drawbacks of adding a few pounds. You would have to gain a lot of weight to offset the health rewards of quitting.
- Remember that quitting tobacco makes you more attractive. Even if you gain weight, you'll have fewer wrinkles, fresher breath, and whiter teeth as a non-smoker.
- If appropriate, try nicotine gum or bupropion SR, which can delay weight gain associated with quitting. Consult your doctor first.
- Stock up on healthy snacks, and reach for these when you feel hungry: carrots, celery sticks, fresh fruit, fat-free popcorn, low-calorie beverages.
- It only takes 50 calories to satisfy a hunger



craving. Here are some snack examples for comparison: 1 cup raw vegetables (25 calories); 1 cup raw vegetables with low-calorie dressing (40 calories); 1 medium apple (80 calories), 1 medium baked apple with cinnamon and 1 teaspoon sugar (100 calories); 1 cup low-calorie cocoa (65 calories); 2 rice cakes (70

calories); 3 cups popped popcorn with 1 tablespoon parmesan cheese (100 calories).

- Read food labels, and note the percentage of calories from fat. Also note that many foods labeled low-fat are high in sugar. Compare labels, and choose foods low in fat and sugar.
- Chew sugar-free gum, or suck on sugar-free candy if you crave sweets. Better yet, have an orange or try a mango.
- Drink plenty of water. Drink water before meals and between meals.
- Exercise (walking is highly recommended and can be started at just 10 minutes a day; see <http://walkacrosstexas.tamu.edu> to get motivated to walk). Enjoy some form of physical activity in your day (e.g., try taking stairs, mowing, gardening, walking the dog, playing sports, shooting hoops, swimming, walking around the shopping mall, getting off the bus one stop early and walking, exercising with a friend at lunch hour, pushing a baby stroller, etc.). Not only does physical activity keep off the pounds, it can help you relax, reduce stress, and sleep better. Remember, muscle weighs more than fat—you may find your clothes fit looser even if you weigh more.



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