PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

CONCERNED ABOUT STRESS & WEIGHT GAIN

Introduction

Don't use smoking as a way to control your weight. There are better ways. Once you've quit, you will feel healthier and more energetic. Stress is a normal part of daily living but smokers carry the extra burden of nicotine induced stress. A cigarette restores the level of nicotine that your body has come to need but that's

Weight Control Tips

- It is common to gain weight after quitting smoking for this gain will be less than 10 lbs. but for a few it can be substantially more. Some people actually lose weight. However, the health complications from this weight gain are very small when compared to the risks of continuing life as a smoker. Our suggestion is to do things in order. First, stop your tobacco use. When that has been done then deal with any weight gain.
- Monitor your weight. Aim for a healthy weight.
- Know what you are eating.
- Eat several small well balanced meals. This maintains constant blood sugar levels and helps prevent the urge to smoke.
- Eat slowly. Take time to enjoy your meals. Food will taste better now that you have quit smoking.
- Drink a glass of water whenever you feel like smoking or nibbling.
- Make no-smoking your #1 priority!
- Don't eat more than you need or use.
- Be active!
- Eat at regular times. Avoid uncontrolled nibbling.
- Choose low fat snacks: popcorn, raisins, rice cakes, carrot/celery sticks, Melba toast, pretzels, fruit, etc.
- Eat when you're hungry, not when you're bored.
- Avoid sugary and spicy foods that trigger a desire for cigarettes. Use less salt.
- Drink 8 glasses of cold water every day.
- Drink lots of liquids (i.e. Fruit juices)
- Go easy on the starches.
- Avoid junk food.
- Avoid high calorie sweets.
- Eat lean meats.

- Eat lots of salads with light dressings and eat your greens.
- Eat fresh fruits and veggies.
- Avoid fried foods.
- Avoid alcohol.
- Eat a real breakfast.
- Start your meals with clear soups or appetizers (celery/carrot sticks).
- When you finish a meal, get up from the table right away.
- Plan all your meals and snacks.
- Always shop from a list.
- Add colour to your meal. Make it appealing.
- Take a lunch box of healthy, low-fat nibbles to work.

http://www.sk.lung.ca/content.cfm?edit_realword=concerned

Calories and Diets

How do people determine the number of calories they need?

Everyone's caloric needs are different. People who are more sedentary (spend most of their day sitting) don't need as many calories to maintain their weight. Adults can use this formula to calculate how many calories they need to maintain their weight:

Weight in pounds x 15 (sedentary) = calories per day Weight in pounds x 20 (active) = calories per day

Healthy weight ranges according to Saskatchewan Health:

HEIGHT (INCHES)	HEIGHT (CM)	WEIGHT (LBS)	WEIGHT (KG)
5'0"	150	102-138	45-61
5'2"	155	109-147	48-65
5'4"	160	116-157	51-69
5'6"	165	124-168	54-74
5'8"	170	131-171	58-78
5'10"	175	140-188	61-83
6'0"	180	147-198	65-87
6'2"	185	156-210	68-92

People can usually lose weight by eating fewer calories and increasing their physical activity. Check with a physician before starting a weight loss program. Be realistic in your goals.

The following formula may be used to estimate the daily number of calories needed by a moderately active person to lose one pound per week.

(Desired weight x 15 (or 20)) - 500 = permitted daily intake of calories

When planning a diet, do not only use a calorie guide. Make sure you are getting enough nutrients in your diet; use Canada's food guide to select a variety of foods. Also choose foods that are low in fat.

Metabolism

The reasons for gaining weight after quitting are not yet understood. Medical research has not been able, so far, to provide the definitive answer. Changes in the body's metabolic rate (the rate at which the body burns calories) may account for why many smokers gain a few pounds soon after quitting smoking. Smoking increases the smoker's meta-bolic rate, and seems to make it easier for the body to expend calories

and harder for it to store them contributing to a lower body weight for smokers. Studies show that nicotine and/or food will increase the resting metabolic rate. The combinations of these two will increase the rate higher than either by themselves. When the smoker quits smoking, more calories are converted into tissue = weight gain.