PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

# Concerned About Weight Gain?

## What you need to know about weight gain:

Nicotine dulls your taste buds and so after you quite smoking, you will find that food actually tastes better! – Bonus.

Some people lose weight when they quit smoking and others may gain weight when they quit smoking. For most, the weight gain is very minimal, and when compared to the risks of continuing life as someone who smokes, the risks are minimal as well. Once you've quit you will feel healthier and more energetic, and no more bad breath, yellow fingers or teeth to deal with. Your body will return to its normal state – the way it's meant to be, before it was exposed to the chemicals in tobacco.

If you are concerned about weight gain after you quit tobacco, try some or all of the tips listed below to fight off extra pounds. Our suggestion – do things in order.

First, stop your tobacco use, then deal with any weight gain.

## Tips to Help Fight Off the Extra Pounds:

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| **Keep Healthy Snacks Ready**<br>• Try carrot sticks, celery, sunflower seeds, or popcorn | **Avoid Nibbling**<br>• If you need something to do with your hands, pick something besides eating (e.g. doodle on a piece of paper) |
| **Get Some Exercise**<br>• Take a few minutes of your day and go for a walk | **Eat at Regular Meal Times**<br>• Having a schedule will teach your body when to be hungry |
| **Plan Ahead**<br>• Plan out your meals and snacks so you won't be tempted to grab last minute meals, which are often unhealthy | **Stop and Think Before You Eat**<br>• Before you eat, stop and think, "am I hungry or am I bored?" If you are bored, find something else to do |

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| **Eat Slowly**<br>• Food will taste better now that you have quit smoking so take time to enjoy it! | **Drink Water**<br>• Drinking water will help you feel full so aim for 8 glasses per day |