



## Nutrition Tips When You Quit Smoking

### Will I gain weight if I quit smoking?

Not everyone gains weight after quitting. Since food tastes better, some people find they eat more. Some people may use food as a way to deal with cravings or stress. The good news is that this is all manageable, so try not to worry too much.

Your primary goal is to quit and stay smoke free. You may want to focus on this goal alone and that's fine. Keep these tips in mind when you are ready to focus on eating well and being active, or choose one or two ideas you feel you can start now.

### Eat regularly

Skipping meals can result in over-eating later in the day and irritability which may make it harder to resist cravings. Eat breakfast, lunch, dinner and one to two snacks. That works out to eating about every 3-4 hours.



### Good to know:

Many people think skipping breakfast helps with weight loss, but that's not true! In reality, research shows that regularly skipping breakfast is linked with weight gain from making unhealthy food choices that are higher in calories, sugar, and fat. Do your body a favour and make breakfast a priority every day.

Keep healthy convenient food items on-hand for a quick breakfast that can be taken 'on-the-go' such as yogurt, fruit, applesauce, high fibre cereal, peanut butter, whole grain pitas, and lower fat cheese strings.

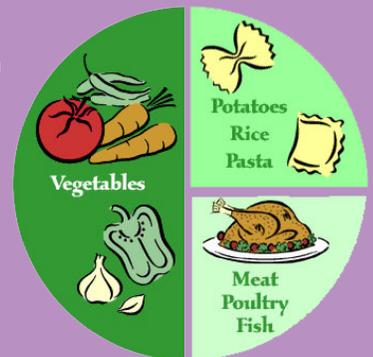
### 2 Listen to your body

Eat when you are hungry and stop when you feel satisfied. Not sure if you are hungry? Have a glass of water, distract yourself by making a phone call or go for a walk around the block. If you still feel hungry enjoy a healthy snack.

### Good to know:

Use the Plate Method to help manage your portions.

- ▶ Divide your plate into three sections.
- ▶ Fill half your plate with vegetables (e.g. steamed peppers and broccoli).
- ▶ Fill one quarter with grain products (e.g. whole grain rice or pasta).
- ▶ Fill one quarter with meat or alternatives (e.g. chicken or beans).
- ▶ Enjoy your meal with a glass of water or milk and fruit for dessert.



### 3 Follow Canada's Food Guide

More information available at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

### 4 Choose healthy snacks

*Snacks are mini-meals.*

Portion size is important when it comes to snacks. Include at least two of the four food groups from Canada's Food Guide when planning a snack.

**Include some fibre and protein in your snack.**

This will help keep your energy levels up until your next meal.

## Good to know:

So why should we choose a healthy snack? Healthy snacks help you meet your daily nutrient needs, boost your energy, and prevent hunger and food cravings which can help you reach and keep a healthy weight. Snacks help you fill the gap between meals so you don't overeat at your next meal. A good rule to follow is if your meal is more than four hours apart to have a snack.

### Some quick & easy snack ideas

- ▶ ½ cup (125 mL) celery and carrot sticks with a ¼ cup (50 mL) hummus.
- ▶ ¼ cup (50 mL) unsalted nuts and 1 cup of low sodium vegetable juice.
- ▶ ½ cup (125 mL) fresh, frozen or canned fruit with ¾ cup (175 mL) vanilla yogurt or 1 cup (250 mL) cottage cheese.
- ▶ Trail mix, made with ¼ cup (50 mL) whole grain cereal, 2 tbsp (30 mL) nuts and 2 tbsp (30 mL) dried fruit.
- ▶ 6 to 7 whole grain crackers topped with a ¼ cup (50 mL) tuna or salmon or a slice of cheese.
- ▶ 1 medium apple or ½ cup (125 mL) celery with 2 tbsp (30 mL) of peanut or nut butter

## 6 Move more

Fit activity into your daily routine to help you deal with stress and feel great. Take a walk at lunch or do some errands by foot or bike. Follow the link for more tips to get active: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/04paap-eng.php>



## What should I do if I crave unhealthy food all the time?

### Keep them out of the house!

If you really want ice cream or some chips take a walk to the nearest ice cream parlour or store. Order and enjoy a single scoop of ice cream or buy a small bag of chips.

### Keep your mouth busy.

When you have a craving, drink water, suck on a mint toothpick, eat sugar-free hard candy, tic tacs, chew sugar-free gum, snack on plain popcorn, raw cut up veggies like carrots and celery, or fresh fruit.

## 5 Stay hydrated in healthy ways

Choose water first to quench your thirst. It's natural, refreshing, and has no calories.



### Too much caffeine can make you irritable

and may make it harder to stay smoke-free. Slowly cut back coffee, tea and cola to about three cups or less in total a day. Choose decaffeinated tea and coffee or mix half and half.

Enjoy a glass of lower fat milk or fortified soy beverage. Canada's Food Guide recommends 2 cups (500 mL) of milk a day.

Try sparkling water or low sodium club soda with a slice of lemon, lime, or orange for a bubbly beverage.

Try to avoid alcohol. Drinking alcohol can make it harder for you to resist cravings.

## 7 Ask for support from family and friends



## 8 Where can I find more information?

Visit [www.unlockfood.ca](http://www.unlockfood.ca) for trusted nutrition advice, or call Telehealth toll-free at 1-866-797-0000 to speak to a Registered Dietitian for FREE.

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