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## Quitting Smoking Without Gaining Weight

**You Can Do It!** Many people are able to stop smoking and maintain their weight. You can too.

- Plan to quit when food will be less of an issue, like holidays or special events.
- Make you quit day during a low stress time.
- For the first couple of weeks, avoid parties. (Places where you may be tempted to smoke and to eat more.)
- Remember, alcohol is a trigger and high in calories.

Be careful not to substitute food for cigarettes. Instead of eating, distract yourself by: calling a friend, reading, taking a walk, drawing or knitting. If you must put something in your mouth, try a toothpick or sugarless gum.

### Watch out for stress.

- Instead of reaching for a cigarette or food when you get stressed, take a deep breath.
- Meditate. And be positive. You are doing something wonderful for yourself by quitting, be proud.

### Look for ways to reduce cravings.

- Consider using a nicotine gum or patch. They will help reduce the cravings for cigarettes and may help you avoid weight gain.
- Drink water.
- If you are craving sugar while quitting, try using artificial sweeteners or sugarless gum.

### Increase your activity.

- You may need to exercise more to keep you weight the same while quitting.
- Take the stairs if you can.
- Add a new or fun activity to your week; swim, ride a bike or play tennis.

### Get Support.

Ask your family and friends for support.

Consider joining a stop smoking program or support group.

Ask a your doctor for help in planning a sensible eating plan that's right for you.

For free help quitting go to [www.TryToStopNH.org](http://www.TryToStopNH.org)  
or call 1-800-Try-To-STOP (1-800-879-8679)