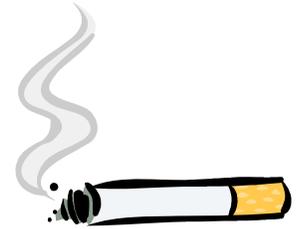# Quit Smoking – Gain Weight?

Many people keep smoking because they are afraid of gaining weight. This is a realistic fear. However, the average weight gain after quitting smoking is between 5-10 pounds.

There are two reasons some people gain weight after quitting smoking:

1. The body's metabolism drops when the stimulants in cigarettes are no longer inhaled.
2. Many people who stop smoking begin eating more, especially junk food.

You don't have to gain weight when you stop smoking! Here is what you can do about it:

Start Eating Differently

- Eat more vegetables and fruit. Fill up on these!!
- Avoid high fat, high sugar foods and beverages.
- Eat small amounts 5-6 times/day instead of 2-3 large meals.
- Eat very s-l-o-w-l-y.   Completely enjoy every morsel!
- Eat at the table - not in front of the TV.
- Plan ahead - bring your lunch rather than eating fast food.
- Keep crunchy snacks handy such as carrot sticks, apples, and pretzels.

Other tips

- Keep your mouth busy with calorie-free mints, gum, toothpicks, a straw, a cinnamon stick, and so on.
- Set a time each day to do some physical activity. It may be even better to break it up into shorter times two or three times each day.
- Take walks, go bicycling, swim, play active sports… whatever suits you.