

## **WEIGHT MANAGEMENT TIPS**

It is not recommended that aspiring nonsmokers add the stress of going on a diet to the challenge of going nicotine-free. However, there are some steps that a person can integrate into their no-smoking plan, to keep any weight gain to a minimum.

### **PREPARE YOUR ENVIRONMENT:**

- Clean the house of high-fat snacks, and stock it with healthier foods. The closer-by and available a healthy food is, the easier it is to make that choice.

### **BE AWARE OF YOUR WEIGHT:**

- Weigh yourself once a week. Pounds often “sneak up” on us. A good way to be able to moderate foods is to be alert and aware to weight gain, and moderate your eating habits when the pounds start to creep up.

### **CHANGE YOUR EATING PATTERNS:**

- Plan small nutritious snacks through the day. Eating a series of small meals instead of three big ones keeps your blood sugar levels from extreme levels, thus controlling hunger pangs.
- Don't skip meals, or go too long without eating. Being very hungry leads to eating more than the body needs, and also leads to unhealthy food choices, such as fast food, junk food, or candy.
- When you're feeling hungry in between meals, decide to do five tasks before you eat anything. They can be simple activities of your own choosing, such as: washing your hands and face, weighing yourself, doing stretching exercises, count to 100, doing one small household chore, reading the newspaper sports section, or calling a friend.
- Try to take more time to eat your meals. It takes 15 minutes for your stomach to signal your brain that it's full, so eating slowly lets your full stomach catch up with your actions. Other “tricks” can include: putting your fork down in between bites, or putting smaller bites on your fork, or chewing the food 20 times before swallowing.
- Drink frequent glasses of water or fruit juice. They aid in cleaning out the toxins from your system, while at the same time they keep your stomach full, thus causing less hunger pangs.

## **CHOOSE DIFFERENT FOODS:**

- Choose low-fat items to satisfy your hunger. Celery sticks, carrots, and other raw vegetables are an option. But there are also a variety of foods that will satisfy your sweet tooth and need for taste without expanding your waistline. There are fruits like berries, peaches, plums, pears, pineapple, bananas, and cantaloupes. There are low-calorie “nibbles” that will satisfy your sweet tooth, like flavored rice cakes, raisins, sunflower seeds, pretzels, graham crackers, dried fruit and nuts, or a frozen fruit bar. Or you can fix yourself a lower-calorie version of a favorite snack: popcorn without butter, sprinkled with flavorings, cereal without milk, or a turkey sandwich on whole-wheat bread with low-fat mayonnaise.
- Substitute low-fat foods for high-fat ones. They satisfy the hunger just as well, often without sacrificing taste. Some common substitutions are:
  - Turkey burgers instead of hamburgers
  - Grilled Chicken instead of fried chicken
  - Smoked ham instead of spareribs
  - Oven-fried potatoes instead of French fries
  - Shredded wheat instead of Granola
  - Angel Food cake instead of layer cake
  - Frozen yogurt instead of ice cream
- Satisfy the need to have something in your mouth with low-calorie alternatives. Low-fat lifesavers, and sugar free gum are good options, as are non-food (and therefore no-calorie) options like toothpicks, straws, or cinnamon sticks. Many new nonsmokers find that drinking ice water or sucking on ice cubes helps them.
- Avoid high calorie, sugary soft drinks.

## **EXERCISE:**

- Engage in regular 30 minutes or more of moderate physical activity per day. It doesn't have to be done at once: it can be accomplished in three ten-minute bursts. Exercise burns off calories immediately, and continues burning them off, up to 24 hours after you exercised. Plan ways to add more activity in your daily routine, like parking the car farther away from store entrances, or taking stairs instead of an elevator.
- Add in some weight training exercises. Muscle tissue burns more calories than fat, so building muscles is a good way to speed your metabolism back up.