

# FIGHT WEIGHT GAIN DURING A QUIT

Gaining weight is common when you quit tobacco. In fact, the average gain is five to 10 pounds in the months after a quit. Don't let a few pounds stop you from making a healthy change in your life!

## THREE REASONS YOU MIGHT GAIN WEIGHT WHEN YOU QUIT TOBACCO:

**1**

**Food often becomes a replacement for tobacco.**

It can be tempting to snack or eat to get through nicotine cravings while you quit. This can up your calorie intake and cause weight gain.

**2**

**Your metabolism slows, making it tough to keep weight off.**

Nicotine speeds up your metabolism. When you quit, you will have to work a little harder to burn calories.

**3**

**You might be hungrier and enjoy the taste of food more.**

Nicotine reduces your appetite. When you quit tobacco, your appetite and sense of taste and smell improve. This can cause you to eat more.



## Fight weight gain with the following tips:



Chew on sugar-free gum, toothpicks or low-calorie snacks like carrots and apples.



Share feelings of stress, practice deep breathing or spend time relaxing to help manage stress.



Up your workout routine to help manage tobacco cravings and burn extra calories.



Get 7-9 hours of sleep when possible. Too little or too much sleep increases hunger and slows metabolism.



Drink water in between meals. Sometimes you may think you're hungry when you're actually thirsty.



Avoid extra calories by controlling portion sizes, making healthy choices and limiting alcohol intake.

Remember, the benefits you get from quitting tobacco far outweigh any weight you gain while going through the quit process.