

# Weight Gain and Smoking

## What is it?

- **QUIT SMOKING**- this does not mean you will gain weight, if you eat more often and higher calorie foods you will gain weight
  - **Choose**- Fresh Fruits, Vegetables, Whole Grains
  - **Lower**- Fat, Sodium and Calories but higher in Fiber



## Suggestions:

- **Meals**- should be well balanced, variety in color and texture
  - **Meats or Protein**- Broiled, Boiled, Baked, Roasted, Stewed, Grilled, Stir-Fried
  - **Starches/Breads**- Whole Grain/Wheat Breads and Pastas, High Fiber, Fresh Corn, Baked Beans, Baked Potato with the Skin, Sweet Potatoes, Lima Beans
  - **Vegetables**- Toss Salads with all Vegetables, Green Beans, Tomatoes, Okra, Broccoli, Asparagus, Cauliflower, Celery, Cucumbers, Radishes
  - **Dessert**- Fresh Fruit or Angel Food Cake with Fresh Fruit and a Low fat Whipped Topping or Cool Whip
- **Weigh and Measure**- Weekly
  - **Keep a diary**- with weight and waist, hip, leg and arm measurements
  - **Often will lose inches and not weight**- turning fat to muscle tissue



## What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian or a FFF RD**- for help as needed
- **Water**- drink 1 to 2 glasses before each meal or snack
- **Gums/Candy**- chew Sugar Free when you need a lift
- **Menus**- plan carefully, count calories, get help from a RD as needed
  - **AVOID**- trying to decrease weight, just maintain weight to begin with
- **Exercise**- daily for 15 to 20 minutes, add weight bearing exercise
  - **Best**- to use stairs instead of elevators, park farther away from the building, walk every opportunity you have, get up as often as possible, get to a meeting 5 minutes early and walk for 5 minutes before others arrive
- **Eat**- 3 meals a day and 2 to 3 snacks a day with good food choices as air popped popcorn, fresh fruits and vegetables with low fat dressings

