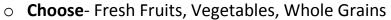
Weight Gain and Smoking

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



o 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
 - o **Keep a diary** with weight and waist, hip, leg and arm measurements
 - o **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
 - o **AVOID** trying to decrease weight, just maintain weight to begin with
- Exercise- daily for 15 to 20 minutes, add weight bearing exercise
 - <u>Best</u>- 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
- <u>Eat</u>- 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



