

It doesn't happen to everyone, but some people can put on weight when they quit smoking. The following tips can be helpful to avoid weight gain:

- eat healthy food
- stay active
- think about quitting, not about weight.

Eat healthy food

Ngā kai pai

- Boil, bake, steam or microwave food without adding fats if possible.
- Eat plenty of vegetables, fruits and wholegrain breads and cereals.
- Avoid too much sugar or high-fat foods, such as biscuits and sweets.
- Buy lean meat and/or remove fat (and chicken skin) before cooking.
- Have takeaways as treats, not part of everyday eating.
- Drink more water or natural fruit juice.
- Freshly chopped fruit and veggies are ideal snacks. But don't forget it's OK to have the occasional treat.

Stay active

Te whakakori i te tinana

Exercise is a good way of keeping your weight down.

You could:

- go for a brisk walk
- do some housework
- do some gardening
- go swimming
- go cycling
- or a mixture of all of these!

Even if you have only 15 minutes to spare, go for a short walk – or even up and down some stairs. Get off the bus at an earlier stop and walk the rest of the way.

Focus on quitting

Te arotahi ki te mutu

You are not going on a diet – you are quitting smoking. Part of quitting is to change some of your habits and routines. Remember, fast foods, fatty foods and sweets are for treats, not for regular eating.

If you used to smoke after a meal, choose something else to do instead:

- Clean your teeth.
- Drink water.
- Eat a piece of fruit.
- Go for a walk.
- Phone a friend.
- Do the dishes.

If you're still worried about gaining weight, it could help to talk to a doctor or dietitian and make a sensible eating plan.

Many smokers worry that they will gain weight when they quit. This is quite common, but if you watch what you eat and become more active you can help prevent putting on weight.

For more help, call

Quitline
0800 778 778



infosheet

The Quit Group TE ROOPU ME MUTU

About the Quit Group

The Quit Group is a non-profit organisation established in 1998. It employs more than 90 staff and operates the following services to encourage people to stop smoking:

- **Quitline** 0800 778 778, the highly successful advice and support service
- The Quit website **www.quit.org.nz**
- **Quit campaigns**, including *Video Diaries*, *Every cigarette is doing you damage* and the Health Warnings campaign in support of the Ministry of Health's graphic pictorial health warnings programme
- **Quit Cards**, which enable health providers to distribute cards for low-cost nicotine patches, gum or lozenges
- **ProQuit** services to support health professionals and community providers to implement the ABCs of smoking cessation
- **Quit@work**, which provides smokefree policy advice and support to workplaces
- **Txt2Quit** – a world-leading, text-based interactive smoking cessation support service
- **Research and evaluation**, which ensures Quit Group services are based on sound evidence.

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Code: IS030

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Quitting smoking and weight gain

*Te Mutu me te Taumaha
o te Tinana*



The Quit Group TE ROOPU ME MUTU