

# Quit Smoking Without Gaining Weight

You may think that quitting smoking means gaining weight. On average, people can gain up to 10 pounds when they quit. But some have no weight change at all, or even lose weight. Here's some more info:

## Causes of Weight Gain<sup>1,2</sup>

- **The body does not burn calories as fast.**
  - » Nicotine is a stimulant that speeds up your body's metabolism (how your body burns calories).
  - » When you quit nicotine, your body burns calories slower.
- **You may end up eating more.**
  - » Smoking is a hand-to-mouth habit.
  - » When you quit, you may still want to do that habit, which may make you eat more.
- **You may want sweets.**
  - » Blood sugar levels can change when you quit smoking.
  - » This can make people crave sweets.



## How to Avoid Weight Gain

- **Be active.** Get up and move around when you have a craving. This can help get your mind off cigarettes.
- **Drink water.** Water fills you up, so you won't be hungry as much.
- **Eat only when you're hungry.** Before you eat, ask yourself, *Am I really hungry? Or am I eating because the food is there? Or am I bored?* You may realize you are not hungry.
- **Eat healthy.** Switch your cigarettes for healthy foods like carrots, celery sticks, or nuts.
- **Watch your sugar.** Cut the amount of sweets you eat. You can try low-sugar treats like apples, dark chocolate or frozen berries.
- **Be patient with yourself.** Food habits can be hard to break. But the new habits will feel more natural over time.

Call for FREE help to quit smoking!  
**1-800-300-8086**

<sup>1</sup> Aubin et. al (2017). *Weight gain in smokers after quitting cigarettes: meta-analysis.*

<sup>2</sup> Audrain-McGovern J., Benowitz, N. (2017). *Cigarette Smoking, Nicotine, and Body Weight.*