



*His Branches  
Health Services*

## Quitters Guide to Weight Control

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Are you worried about gaining weight if you quit smoking? Do all ex-smokers gain weight? Some people do gain some weight, but some people don't gain at all. The average weight gain is about 5-10 pounds. Only a small percentage of ex-smokers gain a lot of weight. You can take steps to control your weight.

### Why The Weight Gain?

- The drug nicotine, found in tobacco, tends to speed up metabolism. You may need fewer calories after quitting to keep your weight the same.
- Food tastes and smells better after quitting smoking.
- Your appetite may improve after quitting smoking.
- You may eat more to keep your hands and mouth busy.

### What Can You Do To Control Your Weight?

- Increase your activity or decrease your food intake or both.
- Try to increase your activity before you quit smoking. This gives you time to work up to 30 minutes of activity each day by the time you quit smoking.
- Get in the habit of snacking on vegetables and fruits.
- Don't go on a diet-this could slow down your metabolism even more.
- Try to eat healthfully and sensibly. Don't starve yourself.
- Cravings for cigarettes or food last 5 minutes. Keep your mind distracted when a craving hits with a walk outside, a piece of sugar free chewing gum, doing puzzles, reading or writing.

**Remember:** You would need to gain more than 50 pounds to make your risk for disease as high as the risks from smoking!



**Contact your provider for more information.**