



Weight & Smoking How to Eat When You Quit

For more information, visit
www.shifaclinic.org
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Food Changes

Start with small, easy food changes:

- Eat more nutrient-dense foods (vegetables, fruit, and healthy fats) with every meal
- Drink a water-based beverage (water, juice, or milk) with every meal

Activity Changes

Start with small, easy activity changes:

- Take breaks with neighborhood walks or brief activities (10-15 minute walks every day)
- Park far away from location (grocery stores, convenient stores, etc.) to increase activity levels

Smoke Free Stats

- Better perception. Breath, hair, and clothes will not smell like smoke
- More money. Packs of cigarettes are inflated and expensive
- More energy. Natural energy will lead to a healthier lifestyle

Now is the perfect time to stop smoking

You'll have the **best chance of quitting** for good if you:

Know your triggers to smoke and plan for them

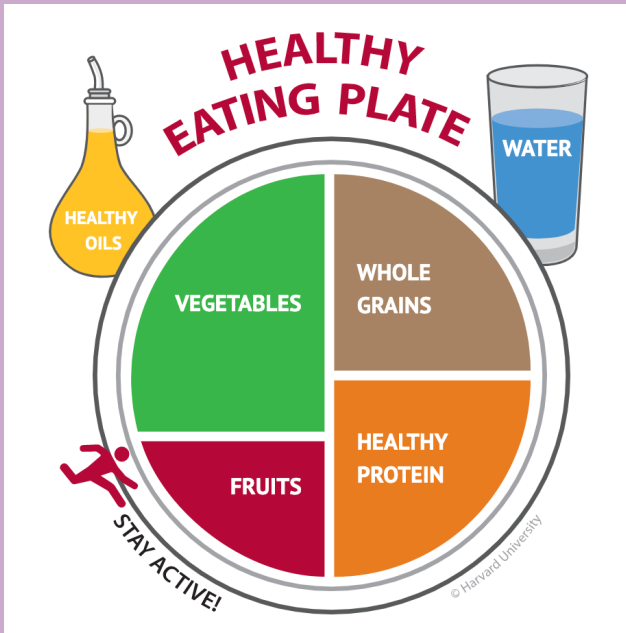
Manage your physical and mental health

Create new habits instead of smoking

Ask your doctor for low-cost NRT or stop-smoking medicine

AND

Talk to Quitline to find strategies that work for you



Balanced Meals

- 3-ounce pieces of chicken or meat (chicken salad or pesto chicken) with vegetables
- 1 cup of spaghetti with marinara sauce and a slice of wholegrain bread
- 1 cup of ready-to-eat cereal with a glass of orange juice

Make a Plan

- Set goals - think about ideal weight and lifestyle changes
- Set promises - promise yourself that gaining weight is better than smoking
- Tell friends - reinforce your goals and let others help you through quitting smoking
- Find Hobbies - find a different joy in smoke-free activities (hiking, walking, running, meditating)
- Use Medicine - medicine may provide some relief and ease in the transition

Avoid Foods/Drinks

- Unhealthy/fast food - resist eating high salt, sugar, and fatty foods since they are less filling foods
- Alcohol - can affect your judgment, making you more likely to smoke
- Coffee - caffeine delivers an added buzz that is similar to cigarettes

HOW TO QUIT SMOKING



Set the date



Tell your friends



Do some sport



Eat well



Make a list of triggers



Drink water



Practice deep breath



Use medicine



Find a hobby