

# Quit *Using* Tobacco Without Gaining Weight



A common reason people give for not wanting to quit smoking or using other forms of tobacco is fear of gaining weight. Some people may gain a few pounds after they quit, but the average weight gain is about 10 pounds. Quitting doesn't mean you will gain weight, especially if you eat healthy and increase your activity level.

The health benefits of quitting – having more energy, increased stamina and the ability to breathe easier – outweigh any weight that may be gained.

## In preparation for quitting, try the following suggestions:

- Stock up on healthy snacks.
- Replace potato chips with baby carrots, celery or other healthy, crunchy snacks.
- Replace candy with almonds, sunflower seeds or other nuts.
- Replace soft drinks with lots of water to flush toxins out of your body.
- Take fresh fruit and other healthy snacks with you to work or when you travel.
- Limit yourself to low-calorie choices when dining out.
- Take your lunch with you to work. You'll be less likely to buy unhealthy, high-calorie foods and you'll save money.
- Avoid fast-food restaurants, potlucks and buffets.
- Avoid foods and drinks that may trigger you to want to use tobacco.

- Eat slowly and mindfully. When you eat, only eat. You are more likely to overeat when you are multi-tasking. Don't eat on the run or while driving.
- Allow yourself an occasional food treat. You are more likely to binge when you deny yourself the occasional favorite food.
- Take a daily walk and work your way up to 30 minutes of brisk exercise every day. Physical activity is a good habit and helps curb urges to use tobacco. It serves as a distraction and helps you burn calories to control weight gain.

If you're worried about gaining weight, remember it is much more dangerous to keep using tobacco than it is to gain a small amount of weight. By quitting, you will feel better and your body will be healthier.

**The key is to focus on healthier eating and healthy lifestyle choices.**



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