

Avoiding Weight Gain When Quitting Tobacco

Many people have concerns about gaining weight when they decide to quit using tobacco. Nicotine can act as an appetite suppressant. You may feel hungrier when you stop using tobacco.

Quitting tobacco use does not mean you will gain weight. Some people gain 4 to 10 pounds during the first few months of quitting, but many people lose this weight as they adjust to life as a non-tobacco user.

Reasons for why weight gain may occur

- You may eat to replace the behavior of smoking or using tobacco. You may feel the need to keep your hands or mouth busy.
- Instead of tobacco, food can become a substitute. You may eat during stress, boredom or at social events.
- Your sense of smell and taste may improve after quitting. When food tastes better, you may eat more, even if you are not really hungry.

You can reduce the chance of weight gain

If you eat a healthy diet and stay physically active, you can greatly reduce your chance of gaining weight. Have a plan to deal with stress, boredom or other situations that does not involve food. Try some of these tips to keep your weight under control.

- **Eat healthy:**
 - ▶ Snack on healthy foods like carrots, apples or other fresh fruits and vegetables. Fresh vegetables are often low in calories.
 - ▶ Limit foods that are high in sugar or fat such as candy, chips, soda, cakes or cookies.
 - ▶ Drink at least 8 cups of water each day.

Evitar el aumento de peso al dejar de fumar

Muchas personas se preocupan acerca del aumento de peso cuando deciden dejar de fumar. La nicotina puede actuar como supresor del apetito. Tal vez sienta más hambre al dejar de usar tabaco.

Dejar de usar tabaco no significa que aumentará de peso. Algunas personas engordan entre 4 y 10 libras (1.8 a 4.5 kg) durante los primeros meses después de dejarlo, pero muchos pierden este peso cuando se adaptan a la vida sin usar tabaco.

Motivos por los que podría subir de peso

- Tal vez coma para reemplazar la conducta de fumar o usar tabaco. Tal vez sienta la necesidad de mantener sus manos o su boca ocupada.
- En lugar del tabaco, la comida podría volverse un sustituto. Tal vez coma cuando tenga estrés, esté aburrido o en eventos sociales.
- Sus sentidos del olfato y el gusto podrían mejorar después de dejar el tabaco. Cuando la comida sepa mejor, tal vez coma más, incluso si no tiene mucha hambre.

Puede disminuir las posibilidades de aumentar de peso

Si come una dieta saludable y se mantiene físicamente activo puede reducir en gran medida sus posibilidades de aumentar de peso. Tenga un plan para lidiar con el estrés, el aburrimiento u otras situaciones que no involucre comida. Pruebe algunos de estos consejos para mantener su peso bajo control.

- **Coma de manera saludable:**
 - ▶ Coma bocadillos saludables como zanahorias, manzanas u otras frutas y verduras frescas. Las verduras frescas suelen tener bajo contenido calórico.
 - ▶ Limite las comidas ricas en azúcares o grasas como los dulces, papas fritas, gaseosas, pasteles o galletas.
 - ▶ Beba al menos 8 vasos de agua al día.

- ▶ Try sugar free gum, hard candy or a few sunflower seeds to cut the urge to snack.
- **Be active:**
 - ▶ Take walks.
 - ▶ Use the stairs instead of elevators.
 - ▶ Park your car in the lot furthest away from the entrance.
 - ▶ Work in your garden or do yard work.
 - ▶ Ride a bike or do other activities you enjoy.
- **Other things to try:**
 - ▶ Use toothpicks, straws or rubber bands to fulfill your hand to mouth habit.
 - ▶ Keep your hands busy by working on puzzles or read, knit or do crafts.
 - ▶ Call a friend for support.
 - ▶ Track your eating habits by keeping a food diary to help you maintain a healthier diet.
 - ▶ Brush your teeth after eating meals so you are less likely to continue to eat when your meal is finished.
- Lastly, keep a list of your reasons for quitting close by to help you stay on your path to a tobacco free life.

Talk to your doctor or nurse if you have questions about quitting tobacco use, or call 1-800-Quit-Now or 1-800-784-8669.

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- ▶ Pruebe con chicles sin azúcar, caramelos duros o algunas semillas de girasol para satisfacer la urgencia de comer un bocadillo.
- **Sea activo:**
 - ▶ Salga a caminar.
 - ▶ Use las escaleras en lugar del ascensor.
 - ▶ Estacione su vehículo en el espacio más lejano a la entrada.
 - ▶ Trabaje en su jardín o en su huerta.
 - ▶ Ande en bicicleta o haga otras actividades que disfrute.
- **Otras ideas que puede probar:**
 - ▶ Use palillos, pajillas para beber o bandas elásticas para saciar su hábito de manos y boca.
 - ▶ Mantenga las manos ocupadas haciendo rompecabezas o pruebe leer, tejer o hacer manualidades.
 - ▶ Llame a un amigo para que le dé apoyo.
 - ▶ Registre sus hábitos alimenticios en un diario de comidas para ayudarse a llevar una dieta más saludable.
 - ▶ Cepíllese los dientes después de cada comida para que sea más difícil volver a comer una vez que terminó su comida.
- Por último, haga una lista de los motivos por los que dejó de fumar y téngala cerca para ayudarlo a mantenerse en el camino hacia una vida sin tabaco.

Hable con su médico o enfermera si tiene preguntas acerca de cómo dejar de usar tabaco, o llame al 1-800-Quit-Now o 1-800-784-8669.

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