

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.

Isku ilaaliyowky iny Culeys kii Siyaady Mady ady isku Dhaafasy Tubaakidy

Dad badang wali qabany quseyn ki saabsing culeys ki siyaadowky mady yo go'aansidang iny yo isku dhaafang istimaalky tubaakidy. Nikotiing waly haang ing dhaqamy korte wal ku horseedow hungury fadoowky. Waly luku yaabe iny baahy dareenty bady ady isku dhaafy tubaaky istimaaloowky.

Isku dhaafowky istimaalky tubaakidy may ing li jeedy iny ulees kii siyaadow. Dadky bersho waly ki siyaaday 4 ilaa iyo 10 rodol inty liky gudijary dhawrky bilood ee inky horreeyang, laakin dad badang waly ku degay uleyskun inty yo isky toosiyaayang iny yo ing nooladang qof tubaaky ing istimaalany.

Sababo in dhiyi korang uleys siyaadowky

- Waly luku yaabe iny ady wal aangty si ady ing bedely dhaqanky sigaar dhuugowky misy tubaaky istimaalky. Waly luku yaabe iny ady dareengty baahidy eh iny ady ki dhigty ga'amooga misy afka mashquul.
- Iny ady istimaaly fady tubaakidy, waly luku yaabi iny raashing bedel ing nagady. Waly luku yaabee iny wal aangty waqtigy walwalky, aajis misy dhaadooying bulshy.
- Dareenka wal uriyoowky iyo dhidhanky wali luku yaabe iny hagmaaghan. Mady hungurigy si fayling ing dhidhamow, waly luku yaabe iny wal badang aanty, hataa hady adi ing baahinaayny.

Waly yaraay'i korte fursady uleysky kiiky siyaadow

Hady ady aangty raashing aafimaad leh waany haaty qof jismy ahaang firfir'oon, waliba yaraayi korte fursidy ady uleysky kiiky siyaady lahaayi. Lahaaw qorshy ady kily dhaqamy fady walwelky, aajisky misy haalado kale oo ingky lug la haayny raashiinky. Isky day tallaabooyinkun hadareerang qaarsho si ady ing hakameyty uleyska.

- **Si aafimaad qableh wal ing aang:**
 - ▶ Raashinky fudud oo raashingky aafimaad qabky leh sidy karootidy, tufaahy misy miro usub iyo quthaarty. Qudaarty usubing bathanaa waly ki yary qiyaasty tamarty hungurigy.
 - ▶ Yareey raashiinky sonkorty misy subigy ki badang sidy ma'ma'aanky, jibsigy, apitaanky kookady, doorshidy misy buskidky.
 - ▶ Waraab inky yaraang 8 koob oo biyi eh maaling kasty.

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- ▶ 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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- ▶ Isky day shiily sonkorty ing la haayny, naanayty kaking misy wal yar oo miry gabaldeyi si ady ing suring jiidy fadowky hungurigy fudud.
- **Noqoy qof dhaqdhaqaaq leh:**
 - ▶ Ha didareer.
 - ▶ Istimaal jarang jarady inty ady istimaali fady wiishky.
 - ▶ Baabuurka dhikoy looty eed unku dheer irridy.
 - ▶ Beerta ku shaqeey misy sameey shaqy deerka eh.
 - ▶ Wed baaskiil misy sameey dhaqdhaqaaqyi kaly oo ady jeely.
- **Wahyaaby kaly oo la isky deyoow:**
 - ▶ Istimaal istakiing, tubidy apitaanky liki nuugow misy laastiig si ady inisku haqabtirty dhaqanky afka iyo galanta.
 - ▶ Ki dhig galy'aaga mashquul adi oo ku shaqeeyasy hujiyaal qoring misy wal aqry, wal tol misy sameey farshahang.
 - ▶ Weer oo taleefoong ing dir saahib si ady kaalmy ingku hely.
 - ▶ Li sy oy dhaqimeeda wal aamowky ady oo sameeysidaasy hasuus ghor raashing oo kii aawiyow iny ady sii wedety raashing aafimaad qab leh.
 - ▶ Rumeysy mady ady hungury aangty ku reed sidaas daraadiye wal aamowky misii wedydaasy mady raashingka dhamaady.
- ingky dambeyty, Haaysoy liis ki qorang sababo ady inis ku dhaafy sigaarky iyo tubaakydy si ady jidka ingky oo eh noolal tubaaky la'aan eh ing ki dareerty.

Kula hathal taktarka misy kal-kaalisytha hady ady qabty su'aaly ki saabsing tubaaky istimaalow isku dhaafowky, misy weer 1-800-Quit-Now misy 1-800-784-8669.

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