Many people have concerns about gaining weight when they decide to quit using tobacco. Nicotine increases the calories your body uses and can act as an appetite suppressant. Your body may burn calories more slowly and 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.

Keep your focus on quitting. It can be hard to quit and try to lose weight at the same time. Quit first for your health and deal with any weight gain later, if you need to focus.

Reasons 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.

Sababaha keeni kara kororka cayilka

- Waxaad cunto u cuni kartaa si aad u badasho dabeecada sigaar cabida ama adeegsiga tubaakada. Waxaad dareemi kartaa baahi aad u qabto mashquulinta gacmahaaga iyo afkaaga.
- Halkii aad tubaako ka adeegsan lahayd, cuntada ayaa badal u noqon karta. Waxaad cunto cuni kartaa markaad walaacsan tahay, caajiska ama markaad joogto munaasabadaha bulshada.

Dad badan ayaa walaacayo ka qaba cayilida markay go’aansadaan inay joojiyaan adeegsiga tubaakada. Nikootiintu waxay kordhisaa unugyada cayilka ee jirkaagu adeegsado waxaynayn noqon kartaa oomateed fure. Jirkaaga ayaa unugyada cayilka u gubi kara si aad u hoosaysa waxaadna dareemi kartaa gaajo dheerad ah markaad joojiso adeegsiga tubaakada.

Inaad joojiso adeegsiga tubaakadu kama dhigna inaad cayilayso. Dadka qaar ayaa cayilkoodu kordhaa 4 ila 10 boon dhawrka bilood ee ugu horeeya markay joojiyaan tubaakada, laakiin dad badan ayaa cayilku ka dhacaa markay la qabsadaan noolsha isticmaal la’aanta tubaakada.

Diirada saar joojinta tubaakada. Way adkaan kartaa inaad tubaakada joojiso haddana iskudaydo inaad cayilka iska rido isla waqtigaas. Marka hore tubaakada jooji si aad caafimaad u hesho kadibna xal u raadi cayilka hadhoow, haddii aad u baahan tahay inaad muhiimad siiso.
• 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:
  › Control your portion size. Chew slowly and enjoy each bite.
  › 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 6 to 8 cups of water each day. Limit or avoid alcohol that can have lots of calories.
  › 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.

• Dareenkaaga urka iyo dhadhanka ayaa soo hagaagi kara markaad tubaakada jojisoo. Marka cuntadu kuu macaanato, cadad dheeraad ah ayaad ka cuni kartaa, xataa haddii aan gaajo ku hayn.

Waxaad yarayn kartaa fursada kororka cayilka
Haddii aad cuntu cuntu caafimaad qabta aadna jimicsi jireed samaysa, waxaad si wayn u yarayn kartaa fursada uu cayilhaagu ku kordhi karo. Degso qorshe aad kula tacaamusho walaaca, caaajiska ama xaaladaha kale ee aan cuntada qusayn. Iskuday qaar kamid ah tilmaamahaan si aad u xakamayso miisaankaaga.

• Cun cuntu caafimaad leh:
  › Xakamee cadadka cuntada aad cunayso. Si tartiib ah u raamso oo ku raaxayso qaniinyo kasta.
  › Cunto fudud ka dhigo cuntooyinka caafimaadka leh sida kaarootada, tufaaxda ama miraha iyo khudaarta cusub. Khudaarta cusub waxaa badanaa ku yar unugyada cayilka.
  › Yaree cuntooyinka ay sonkortu ku badan tahay sida nacnaca, jibsiga, soodhada, doolshada ama macmacaanka.
  › Cab 6 ilaa 8 koob oo biyo ah maalin kasta. Yaree ama iska daa khamrad oo lahaan karta unugyada cayilka oo aad u badan.
  › iskuday xanjada bilaa sonkorta ah, nacnaca adag ama dhaw miraha gabalka ah si aad iskaga goyso rabitaanka cuntu fudud.

• Jimicsi samee:
  › Soco.
  › Ku soco jaranjarada halkii aad wiish ka raaci lahayd.
  › Ku baakin gaarigaaga meel ka fog albaabka.
Avoiding Weight Gain When Quitting Tobacco. Somali.

- 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.
- Talk to your doctor about meeting with a dietitian for help with weight loss, if needed.

- Lastly, keep a list of your reasons for quitting close by to help you stay on your path to a tobacco free life.

**Waxyaabaha kale ee aad isku dayi karto:**
- Adeegso findhicil, istaroowga wax lagu dhuuqo ama cinjiro si aad u buuxiso dabecadaada gacmo gaynta afka.
- Gacmahaaga ku meshquuli ka shaqaynta xajooyinka ama akhris, tol ama samee dhoobo.
- Wac saaxiib ku caawiya.
- La soco dabecadaada cunto cunista adoo degsanaaya qoraalka cuntada si ay kaaga caawiso cunista cunto caafimaad leh.
- Cadayo ikahaaga kadib markaad cuntayso si aadan usii wadin cunto cunista markaad cuntada dhamaysato.
- Kala hadal dhakhtaraaga la kulmida khabiirka cuntada si uu kaaga caawiyiyo luminta cayilka, haddii aad u baahan tahay.
- Ugu danbayntii, meel kuu dwah dhigo sababaha aad tubaakada u jooinayso si ay kaaga caawiyaan si wadista hiigsi gaano ka caagan tubaako.

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.

La hadal dhakhtaraaga ama kalkaalisada haddii aad qabto su’aalo ku saabsan iska deynta tubaakada, ama wac 1-800-Quit-Now ama 1-800-784-8669.