

Weight Gain and Smoking



What is it?

***QUIT SMOKING-** this does not mean you will gain weight
-if you eat more often and higher calorie foods you will gain weight

-Choose- Fresh Fruits, Vegetables, Whole Grains

-Lower- Fat, Sodium and Calories but higher in Fiber



Suggestions:

***Meals-** should be well balanced, variety in color and texture

-Meats or Protein- Broiled, Boiled, Baked, Roasted, Stewed, Grilled, Stir-Fried

-Starches/Breads- Whole Grain/Wheat Breads and Pastas, High Fiber, Fresh Corn, Baked Beans, Baked Potato with the Skin, Sweet Potatoes, Lima Beans

-Vegetables- Toss Salads with all Vegetables, Green Beans, Tomatoes, Okra, Broccoli, Asparagus, Cauliflower, Celery, Cucumbers, Radishes

-Dessert- Fresh Fruit or Angel Food Cake with Fresh Fruit and a Lowfat Whipped Topping or Cool Whip

***Weigh and Measure-** Weekly

-Keep a diary- with weight and waist, hip, leg and arm measurements

-Often will lose inches and not weight- turning fat to muscle tissue



What can I do?

***See your Physician**

***See RD for help as needed**

***See FFF RD on line for help**

***Water-** drink 1 to 2 glasses before each meal or snack

***Gums/Candy-** get Sugar Free when you need a lift

***Menus-** plan carefully, count calories, get help from RD as needed

-AVOID- trying to decrease weight, just maintain weight to begin with

***Exercise-** daily for 15 to 20 minutes, add weight bearing exercise

-use stairs instead of elevators, park farther away from the building, walk every opportunity you have, get up as often as possible

***Eat-** 3 meals a day and 2 to 3 snacks a day with good food choices

-air popped popcorn, fresh fruits and vegetables with lowfat dressings

