

# E.A.T.I.N.G. W.E.L.L.

## WHEN QUITTING SMOKING



### QUITTING SMOKING DOESN'T HAVE TO MEAN GAINING WEIGHT

**Enjoy** mealtime without distractions. Turn off the TV and put cell phones away.

**Avoid** triggers. If you usually smoke while drinking coffee, try drinking tea or water instead.

**Try** making new recipes to keep your mind and body busy.

**Increase** your physical activity to de-stress and prevent weight gain, try for 30 minutes every day.

**Notice** how you can smell and taste your food better now that you've stopped smoking.

**Get** family and friends involved when cooking and meal planning.

**Work** your way to having water at every meal, avoid juice, pop, or caffeinated drinks.

**Eat** slowly and pay attention to how your food tastes with every bite.

**Learn** new ways to celebrate success other than with food, like getting a new book or taking a relaxing bath.

**Let** yourself take a break, quitting smoking can be stressful – make sure you find time for yourself.



Healthy eating tips  
and low calorie snack  
ideas on the back!

## Keep your hands AND mouth busy with healthy foods.

### Have a craving? Try this:

- Suck on frozen grapes or berries
- Snack on dry meat or dry fish
- Sip on sparkling water through a straw
- Snack on raw veggies, like carrots or celery
- Snack on air-popped popcorn
- Chew on a flavored toothpick
- Chew on sugar-free gum
- Suck on a cinnamon stick

### Healthy eating tips:

- Choose whole grain pastas, breads, and cereals as they are higher in fibre.
- Avoid processed meats as they are high in salt and unhealthy fats.
- Fill half of your plate with colourful vegetables as they are high in fibre, vitamins and minerals.
- Limit sugary foods and drinks like pop, juice, iced tea, chocolate and cookies.



### Satisfying Snack Ideas (about 100-150 calories)

- 1-2% yogurt (100g)
- 1 sliced apple with 1 Tbs of peanut butter
- 2 hardboiled eggs
- 1 cup of berries with 1 oz of cheddar cheese
- 1 piece of string cheese
- 1 handful of baby carrots with 1 Tbs of dip
- 1 slice of bread with 1 tsp of margarine
- 3 cups of air-popped popcorn
- 1 handful of celery and peppers with 2 Tbs of hummus
- 1 banana
- A dozen whole grain crackers
- 1 oz of cheese and a mandarin orange