

# QUITTING SMOKING & TIPS FOR HEALTHY SNACKING



## Are you worried about putting on weight if you quit smoking?

Don't worry you are not alone! Many people report concerns about putting on weight after they quit smoking. Some people find they gain a little weight in the first 3 months after quitting smoking but weight gain lessens after this time.

### Why does this occur?

- When you quit smoking, your sense of taste and smell, as well as your appetite all start to improve. This is a welcome result of quitting but may cause you to eat more food, especially high-energy snacks.
- The nicotine in cigarettes speeds up your metabolism, which means that your body is using energy more quickly. When you stop smoking, your metabolism slows down and this can cause some weight gain.

### What should I do?

The decision to quit smoking is one of the best things you can do for your health and the benefits outweigh the weight gain you might experience. Making a few changes in the foods and drinks you choose can also help to prevent unwanted weight gain. Keeping some of these healthy snacks on hand can help you feel prepared, especially when cravings hit.

# Healthy Snack Ideas

“Try some of these healthy snacks instead of chips and soft drink to help beat your cravings”



## Fruit

Fresh, frozen or tinned in juice



## Vegetable sticks

Try some carrot or cucumber sticks with a tasty dip like [hummus](#) or [tzatziki](#)



## Plain yoghurt

Add some muesli and/or fruit for a change



## Mixed nuts

Keep a handful of unsalted mixed nuts on you, as they can distract you when cravings hit



## Wholegrain crackers

Try the [crackers](#) with a few slices of cheese and a light spread of vegemite



## Wholegrain toast

Add a thin layer of peanut butter



## Plain popcorn

A healthier alternative to potato chips, especially when you pop the [popcorn](#) yourself



## Reduced-fat milk

Hot or cold, milk makes a filling snack

Or give some of these healthy snack recipes a try!



[Pizza muffins](#)



[Banana pikelets](#)



[Berrylicious smoothie](#)

# Price Comparisons\*

“Did you know, choosing healthier snacks are better for the waistline AND the wallet?”

Do you think it is too expensive to eat healthier? These price comparisons for different snacks show that healthier items are often cheaper than their unhealthy counterparts.



Popcorn kernels

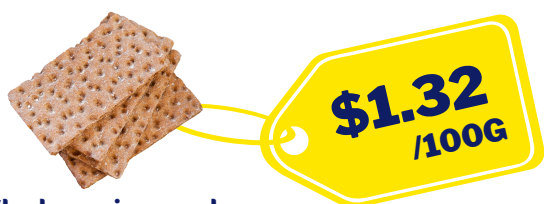
**\$0.41**  
/100G

**VS.**



Potato chips

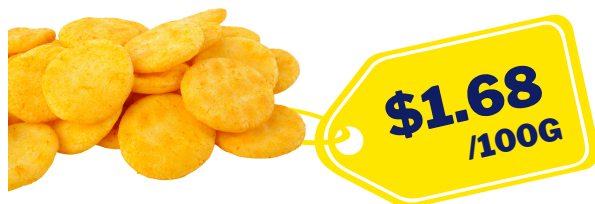
**\$1.16**  
/100G



Wholegrain crackers

**\$1.32**  
/100G

**VS.**



Flavoured rice crackers

**\$1.68**  
/100G



Fruit

**\$5.00**  
/KG

**VS.**



Fruit lollies

**\$10.50**  
/KG



Water

**\$0.00**  
/L

**VS.**



Homebrand soft drink

**\$0.80**  
/L

## Thinking about quitting?

- Talk to your doctor about the most suitable options to help you quit.
- [Call the Quitline \(13 QUIT - 13 7848\)](#): Quitline is a free and confidential telephone service providing customised assistance to help with your quit attempt. There are also Aboriginal and Multilingual Quitline advisors including Arabic, Chinese and Vietnamese.
- [iCanQuit website](#): Explore the iCanQuit website to explore relevant resources, stories and to join a free, supportive quit community.
- [My Quit Buddy App](#): Download the app for quit tips, facts and to chart your progress.

**For more information, contact us:**

**[tacklingtobacco@nswcc.org.au](mailto:tacklingtobacco@nswcc.org.au)**