

Tackling Tobacco

Quitting smoking & tips for healthy snacking

Are you worried about changes to your appetite and eating habits if you quit smoking?

You are not alone! Many people report concerns about craving more food and drink, especially snacks that high in fat, salt and sugar.

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.

What should I do?

The decision to quit smoking is one of the best things you can do for your health.

If you do experience cravings or changes to your appetite, being aware and prepared with healthier meals and snacks can help prevent eating foods and drinks high in fat, salt and sugar.

Eating a diet full of nourishing foods gives you the energy and nutrients your body needs to be healthy.

Healthy snack ideas

Try some of these healthy snacks to help beat your cravings:

- **Fruit:** Fresh, frozen or tinned in juice.
- **Plain yoghurt:** Add some muesli and/or fruit for a nutrient-packed snack.
- **Wholegrain crackers:** Try the [crackers](#) with a few slices of cheese and a light spread of vegemite.
- **Plain popcorn:** A healthier alternative to potato chips, especially when you pop the [popcorn](#) yourself.
- **Vegetable sticks:** Try some carrot or cucumber sticks with a tasty dip like [hummus](#) or [tzatziki](#).
- **Mixed nuts:** Keep a handful of unsalted mixed nuts on you, as they can distract you when cravings hit and are high in protein and fibre to keep you fuller for longer.
- **Wholegrain toast:** Add a thin layer of peanut butter.
- **Reduced-fat milk:** Hot or cold, milk makes a filling drink.

Or give some of these healthy snack recipes a try!



Aboriginal Respect Symbol. Designed by
Marcus Lee Design for Cancer Council NSW.



Cancer Council
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Price Comparisons*

Did you know, choosing nutritious snacks are better for your health and your wallet?

These price comparisons for different snacks show that healthier items are often cheaper than their unhealthy counterparts.

Healthy		vs	UNhealthy	
				
Popcorn kernels	\$0.49/100G	vs	\$1.31/100G	Potato chips
				
Wholegrain crackers	\$1.60/100G	vs	\$2.30/100G	Flavoured rice crackers
				
Fruit	\$4.50/KG	vs	\$10.20/KG	Fruit lollies
				
Water	\$0.00/L	vs	\$0.96/L	Homebrand soft drink

*Prices correct as of May 2024

Thinking about quitting?

Your doctor can support you to quit smoking and help to choose the best support options for you.

- **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 counsellors available, and counsellors who speak Arabic, Chinese and Vietnamese.
- **iCanQuit website:** Explore the iCanQuit website to explore relevant resources, stories and to join a free, supportive online quit community.
- **My Quit Buddy App:** Download the app for quit tips, facts and to track your progress.
- **For more information, contact us:** tacklingtobacco@nswcc.org.au