



5. LECTURE SESSION

DIET AND QUITTING



Weight Gain?

- Most smokers are underweight
- Weight change can be + or – 2.5kg



Should Smokers Be Worried About Weight Gain?



Understanding Why Some Quitters Gain Weight is Important.



Understanding this will help you achieve and maintain a healthy weight without relapsing to smoking.

How to Avoid Weight Gain on Quitting

- Use combination therapeutic nicotine **liberally**.
- The **longer** you are on combination medications, the better.
- Be guided by your clinician when to make any changes to your medications, including dosage.
- Do **not** try to lose weight on quitting smoking. This will increase your desire for a cigarette.
- **Halve** your alcohol consumption. Alcohol is very high in kilojoules. It may also increase your desire for a cigarette.

How to Avoid Weight Gain on Quitting

- Do **not** skip breakfast. Not eating breakfast will increase your desire for a cigarette and for food.
- Keep active. Engage in **short sharp** bursts of exercise. This will help decrease any desire to smoke and help increase your metabolic rate to burn up kilojoules.
- Doing a **long** stint of exercise may **increase** your desire for a cigarette. Having a nicotine lozenge, microtab or gum will help with any increased desire to smoke.

HEALTHY LIVING PYRAMID

Eat in Small Amounts

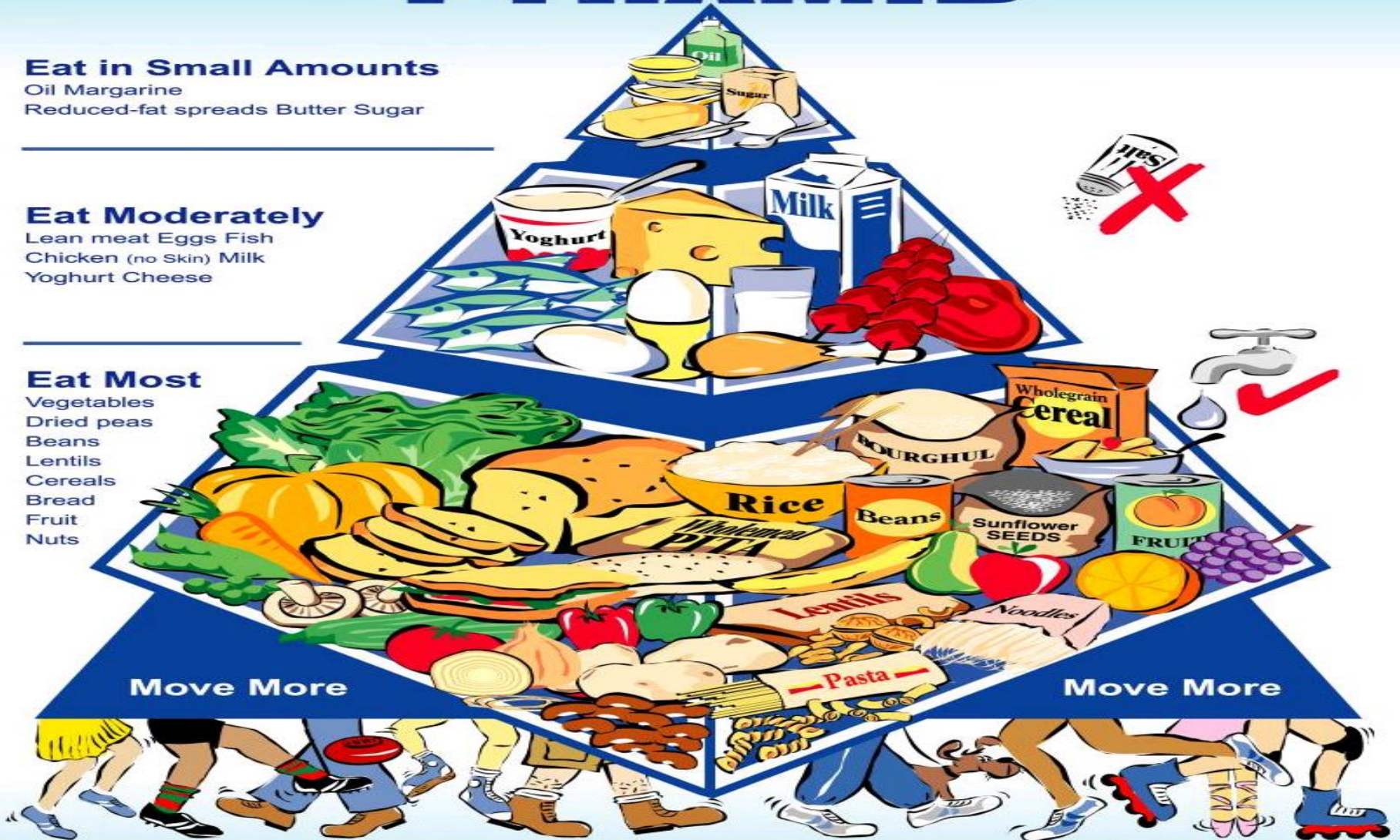
Oil Margarine
Reduced-fat spreads Butter Sugar

Eat Moderately

Lean meat Eggs Fish
Chicken (no Skin) Milk
Yoghurt Cheese

Eat Most

Vegetables
Dried peas
Beans
Lentils
Cereals
Bread
Fruit
Nuts



Move More

Move More

Eating Healthy Foods

- Eat plenty of **vegetables**, legumes and fruit.
- Eat plenty of **cereals** (including breads, rice, pasta and noodles), preferably wholegrain.
- Include **lean** meat, fish, poultry and/or alternatives
- Include milks, yoghurts and cheeses.
- **Reduced-fat** varieties should be chosen, where possible
- Drink plenty of water

Eating Healthy Foods

- Limit **saturated** fat and moderate total fat intake.
- Choose foods low in salt.
- Limit your alcohol intake if you choose to drink.
- Consume only moderate amounts of sugars and foods containing added sugars.

Prevent weight gain: be physically active and eat according to your energy needs

Conclusion:

- The average weight gain on quitting smoking is **2-3kg** and occurs over the first year of quitting.
- About 1/3 of those who quit will gain weight, 1/3 will remain the same and 1/3 will lose weight.
- The main reason for gaining weight is **nicotine withdrawal** where blood sugar levels drop and the desire for food increases. Metabolic rate may also **decrease**.

Conclusion:

- The risk of gaining weight on quitting smoking can be reduced by keeping up the dosage of **combination therapeutic nicotine** and any other medications as instructed by your clinician.
- The health benefits of smoking cessation far outweigh the health risk from any weight gain, unless the weight gain is extraordinarily large.
- Sadly, **fear** of weight gain is a significant factor in discouraging smokers to quit and in facilitating relapse.