



Enjoying Meals...without smoking

ARIZONA SMOKERS' HELPLINE 1-800-556-6222 - WWW.ASHLINE.ORG

What to Expect

- ▼ Expect to want to smoke after meals or with others at a restaurant.
- ▼ Expect the urge to smoke when you smell cigarette smoke at a restaurant.
- ▼ Smoking urges may be stronger at different meal times, sometimes breakfast, sometimes lunch or sometimes dinner.
- ▼ Your smoking urges may be stronger with certain foods like spicy or sweet meals or snacks.
- ▼ When you stop smoking after meals, you can also expect others to be pleased now that you are not smoking at the table.

Frequency

- ▼ You, like many smokers, may feel the need to smoke after meals at home, at work, or out at a restaurant.
- ▼ Your desire to smoke after meals may depend on whether you are alone, with other smokers, or with nonsmokers.

Self Management

- ▼ Know what kinds of foods increase your urge and stay away from them.
- ▼ If you are alone, call a friend as soon as you've finished eating.
- ▼ Brush your teeth or use mouthwash right after meals.
- ▼ If someone is at your home, have someone massage your shoulders.
- ▼ If you have coffee or a fruit drink, concentrate on the taste.
- ▼ Wash the dishes by hand after eating—you can't smoke with wet hands!
- ▼ Go for a brief walk after meals.

Nicotine and Your Body and Mind

- ▼ Nicotine stops hunger pains in your stomach for as long as one hour and it also makes the blood sugar level go up. When you quit, this is reversed.
- ▼ Food may be used to get the same effect as cigarettes: stimulation, relaxation, pampering, time out, comfort, socialization etc. Smoking and eating are both ways to meet these needs, so when you quit smoking, you may eat more.
- ▼ Withdrawal from nicotine enhances the taste of sweeter foods. Some foods may actually taste better and you may want to eat more of them!

Related Notes

- ▼ Once you pinpoint high-risk "trigger" situations, you can begin to handle them rationally. Eating is often a very important trigger.

References available upon request.