



Weight Gain

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

What to Expect

- ▼ After quitting, you may feel stronger and more frequent hunger pangs.
- ▼ After quitting, you may have a better sense of taste.
- ▼ Weight gain is most often due to eating more after quitting.

Frequency

- ▼ Research has shown that 75% of all people who quit smoking do not gain weight and, of those who do gain weight, gain an average of 5-7 pounds!
- ▼ Recent studies have found that 50-70% of quitters report feeling more hungry within 1 week of after quitting.
- ▼ If feelings of hunger and/or weight gain occur, they will usually begin within the first 24 hours, peak in the first 1-2 weeks, and may last 1-6 months.

Self Management

- ▼ Do more physical activities (e.g. take the stairs instead of an elevator/escalator, park further away from the door to the office/mall/store etc.).
- ▼ Select non-food rewards—new CD, go see a new movie.
- ▼ Chew sugarless gum or a cinnamon stick.
- ▼ Drink more water—especially before meals.
- ▼ Plan meals ahead of time and don't skip meals.
- ▼ Weigh yourself every day.
- ▼ Eat plenty of fresh fruit—carry it with you to work, to school, everywhere!

Nicotine and Your Body and Mind

- ▼ Nicotine stops hunger pains in your stomach for as long as 1 hour and it also raises blood sugar level. When you quit, this is reversed.
- ▼ Food may give the same effects 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

- ▼ You can control weight gain after you quit smoking.

References available upon request.