



# Nutrition Tips for Tobacco Cessation

If you are taking steps to quit tobacco or have quit altogether – congratulations!

You are not alone and you are on an excellent path to improving your health and the health of others around you. Tobacco cessation may enhance the function of your taste buds and your sense of smell so you can enjoy foods again. People may find gratification through foods that smoking once disallowed.

Research shows the average person gains 4-10 pounds when they quit smoking. It is important to be mindful of your eating habits and food choices when you choose to say no to tobacco.

If you are concerned about gaining weight after you stop using nicotine products, here are some helpful tips.

## HELPFUL TIPS:

- Avoid going longer than four to five hours between meals. Going long periods without eating or skipping meals can lead to overeating.
- Try healthy, low-calorie snacks between meals if you get the urge to smoke.
- Control portions of healthy, but high calorie snacks to avoid overindulging including nuts, avocado, or cheese.
- Avoid snacking out of the box or bag. Review the serving size on the nutrition label and determine the portion you want to eat.
- Stay hydrated. Water is best to ensure proper hydration. When seeking other beverages, be careful of sugary

beverages including soda, juice, sports drinks, and energy drinks that are a source of empty calories.

- Find a distraction to avoid eating when you are not hungry. Consider working on a project, exercising, or engage in a hobby.

| SNACKS UNDER 50 CALORIES                                 | CALORIES |
|--|----------|
| 1 1/2 cups air-popped popcorn                            | 15       |
| 12 grape tomatoes  | 25       |
| 1/2 cup baby carrots                                     | 35       |
| 1 medium box of raisins                                  | 45       |
| 1 rice cake  | 45       |
| 1 medium kiwi  | 45       |
| 24 thin pretzel sticks                                   | 50       |
| 1/2 cup grapes   | 50       |
| 4 walnut halves or 6 almonds                             | 50       |
| SNACKS 51-100 CALORIES                                   | CALORIES |
| 8 dried apricot halves                                   | 67       |
| 1/2 cup apple slices                                     | 68       |
| 1 piece mozzarella string cheese                         | 80       |
| 25 pistachios, unsalted                                  | 100      |
| 6 ounces light, fat-free yogurt                          | 100      |
| 1/2 cup celery sticks with 1 tablespoon of peanut butter | 100      |



Quit Tobacco Program  
Health Education  
907-729-2689

## Resources

[healthy-snacking.pdf \(ucsd.edu\)](#)

[How Can I Avoid Weight Gain When I Stop Smoking? \(heart.org\)](#)