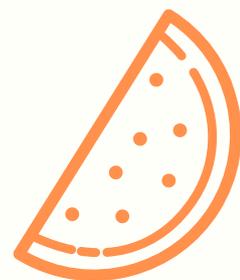




NUTRITION WHEN QUITTING SMOKING

NUTRITION AUSTRALIA NSW

**Produced by Nutrition Australia NSW Division,
supported by Illawarra Shoalhaven Local
Health District June 2015**



BREAKFAST & QUITTING SMOKING



How will breakfast help when quitting smoking?

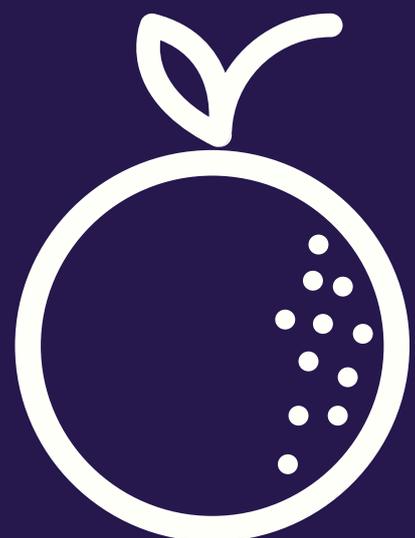
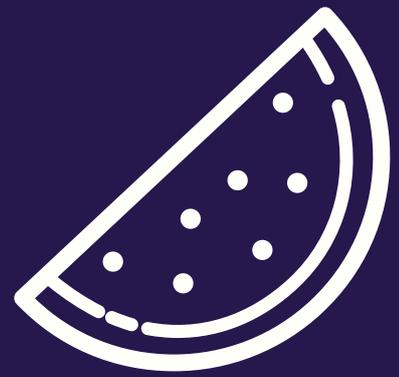
- Breakfast cereals and wholegrain toast help people to feel full which can reduce snacking later in the day.
- Eating breakfast can help maintain a healthy weight.
- Eating breakfast reduces cigarette cravings.
- Eating breakfast improves alertness, concentration and mood.

Handy hints for having breakfast

- If eating early in the day does not sit with you, try eating a 'light' breakfast such as a slice of wholegrain toast, English muffin, glass of milk, piece of fruit or a small bowl of cereal.
- If you do not usually eat breakfast, starting with small portions can help you to ease into the routine.
- Be prepared by having a variety of breakfast options in your pantry.
- Plan what you will make for breakfast the night before to make it easier in the morning.
- Set your alarm 15 minutes earlier to make sure you have time for breakfast.

Breakfast ideas (see next page for recipes)

- Porridge
- Wholegrain breakfast cereal with milk
- Wholegrain toast with baked beans, avocado, sliced tomato, or sliced banana
- Boiled egg, with or without toast
- Piece of fruit
- Tub of yoghurt



Boiled Egg with Tomato on Toast **Serves: 1 Preparation time: 10 minutes**

Ingredients:

- 1 egg
- 1 slice wholemeal bread, toasted
- 1 tomato

Method:

1. Place egg in saucepan and add enough water to cover. Set the saucepan over medium-high heat. As soon as the water begins to boil, start the timer. Boil for 4 1/2 minutes for a soft-centred egg or 8 minutes for a hard-centred egg.
2. Slice tomato and layer on toast.
3. Serve egg on side.



Banana Smoothie **Serves: 2 Preparation time: 5 minutes**

Ingredients:

- 1 banana
- 1 1/2 cups reduced fat milk
- 2 tbsp reduced fat plain yoghurt
- 2 tsp honey
- 1 handful of ice

Method:

1. Place all ingredients into a blender and blend until smooth. If smoothie is too thick, add more liquid to reach the desired consistency.
2. Pour into glasses and serve.



Porridge with Fruit **Serves: 1 Preparation time: 5 minutes**

Ingredients:

- 1/2 cup oats
- 1/2 cup water
- 1/2 cup reduced fat milk
- Your choice of fruit e.g. 1 sliced banana, 1/4 cup sultanas or chopped dried apricots

Method:

1. Add oats to a microwave proof bowl.
2. Microwave on high for 1 1/2 minutes. Stir.
3. Microwave for a further 1 minute.
4. Stir through milk and serve.
5. Top with your choice of fruit if desired.



Apple Bircher Muesli **Serves: 4 Preparation time: 5 minutes**

Ingredients:

- 1 1/2 cups rolled oats
- 1 cup low fat milk
- 1 apple, grated
- 1/4 cup orange juice
- Low fat natural yoghurt
- 1 tsp cinnamon (optional)

Method:

1. Combine oats, milk, apple and orange juice in a bowl. Refrigerate overnight.
2. Divide between 4 serving bowls and top with a dollop of yoghurt.
3. Sprinkle with cinnamon and extra chopped apple if desired.



For more information visit:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/smoking_weight_gain_and_quitting
<http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/breakfast/>

WATER & QUITTING SMOKING



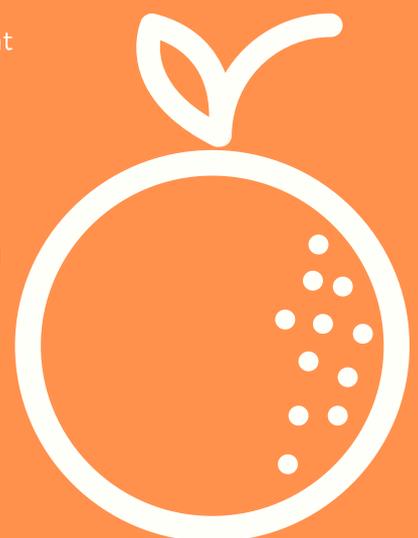
What is so good about water?

- Australian tap water is the best drink. It has no added sugar, is inexpensive, tastes good and is safe to drink.
- Soft drinks, cordials, fruit juices, vitamin waters, energy and sports drinks contain added sugar and can lead to weight gain and damage your teeth. Water is the best option.
- Water helps digestion. This helps to prevent constipation which is something smokers often complain of when quitting.
- It is recommended that people exercise when quitting smoking. It is important to drink water to keep hydrated when exercising.
- Water carries nutrients and oxygen around the body.
- Water helps keep your skin, mouth, nose and lungs from drying out.



How will water help when quitting smoking?

- When having a craving for a cigarette, one method to beat the craving is to keep your mouth and hands busy. Sipping on water throughout the day can help do this.
- Thirst can often be confused with hunger. So before snacking, try drinking a glass of water first.
- People often eat snacks to combat cravings. If the snacks are high in fat and sugar they can lead to weight gain. Try drinking water first.
- Drinking water improves alertness and the ability to concentrate. This can strengthen your willpower and fight the urge to smoke.
- As dehydration makes you tired, you are less motivated to prepare and eat healthy meals, which increases the chances of weight gain.



WEIGHT GAIN & QUITTING SMOKING



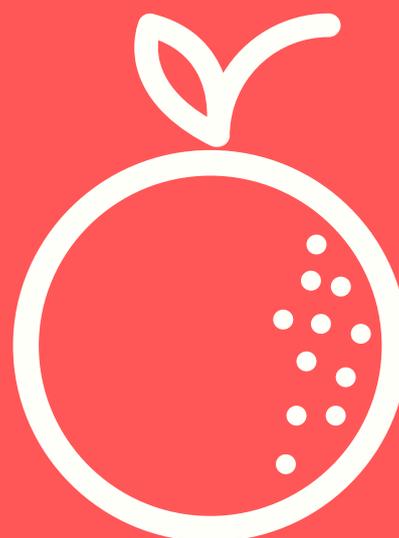
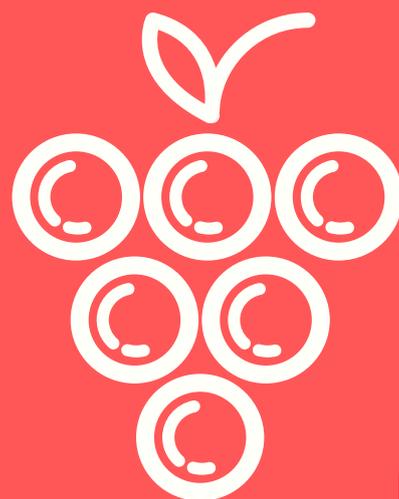
Some people gain weight when quitting smoking. This can be a concern for many ex-smokers. It is important to remember that not every smoker who quits will put on weight. However, the health benefits from quitting far outweigh the risk of putting on some extra kilos.

What can cause weight gain when quitting smoking?

- **Changed metabolism** - the nicotine from cigarettes boosts metabolic rate and increases the number of kilojoules burned. After stopping smoking, metabolic rate returns to normal. Because fewer kilojoules are burned, a person might gain weight even if they are eating the same amount as before.
- **Habit** - ex-smokers may miss the hand-to-mouth action. This is often replaced with eating snacks, causing food intake to increase.
- **Eating more food** - the nicotine from cigarettes acts as an appetite suppressant and can result in smokers skipping meals. Quitting smoking may lead to feeling more hungry than usual and changed eating habits.
- **Comfort** - food is comforting if you are feeling down or anxious and might be used to relieve cravings.
- **Reward** - snacks are often used as a reward for making progress and achieving goals, leading to weight gain.
- **Food is more appealing** - after quitting smoking, food will start to taste and smell much better as these senses begin to improve.

What foods should I eat?

- Plenty of fruits and vegetables.
- Cereals, breads, pasta and rice - wholegrain options when possible.
- Lean cuts of meat, poultry and fish.
- Dairy foods such as milk, yoghurt and cheese - fat reduced options when possible.



- Look on the nutrition information panel on product labels for foods that have:
 - Less than 10g total fat per 100g
 - Less than 15g sugars per 100g
 - Less than 400mg salt (sodium) per 100g
- Foods high in fat, sugar, salt and/or alcohol should not be eaten everyday and only in small amounts.

Handy hints to avoid weight gain:

- **Swap your snacks** - if your usual snacks are high in fat or sugar, swap these for healthier options such as carrot and celery sticks, low-fat dip, a piece of fruit, or plain popcorn.
- **Be prepared** - plan ahead for cravings by having healthy snacks with you that are ready to go. Preparing and freezing meals in advance will also save you money and time.
- **Exercise** - adding or increasing the amount of activity in your normal routine means less kilojoules you have to cut out of your diet to prevent weight gain. Start by walking around the block.
- **Keep busy** - keep your mouth and hands occupied by chewing on sugar free gum, fruit, carrot sticks or sipping on water.
- **Don't crash diet** - although it might be tempting to skip meals or make radical changes to avoid weight gain, this can increase cravings and withdrawal symptoms. Having regular healthy meals throughout the day, especially breakfast, is the better way to prevent weight gain.
- **Be patient** - be aware that it takes about 20 minutes for your body to recognise that you are full, so wait a while after a meal or snack before eating more.
- **Drink water** - carry water with you to drink instead of having soft drinks or snacks.
- **Keep your mouth fresh** - brushing your teeth or eating a hot mint after a meal freshens your mouth and can stop you from eating more.
- **Experience** - make sure that you are mindful of what you are eating. Think about the taste, texture and enjoyment of the food. Try not to eat just for something to do.
- **Be realistic** - it is okay to gain some weight so don't be discouraged. Weight loss and quitting smoking both take willpower and commitment. If it is difficult to manage both goals at the same time, focus on quitting smoking first. There will be plenty of time to achieve a healthy weight later.
- A few extra kilos gained when quitting smoking is much less harmful to your health than continuing to smoke. Remember the goal of quitting and the benefits that you will gain.

For more information visit:

http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Urges/How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking_UCM_307852_Article.jsp

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/smoking_weight_gain_and_quitting

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

<https://www.icanquit.com.au/health/your-health/ways-to-avoid-weight-gain>

<http://www.quit.org.au/staying-quit/managing-weight-gain>

EXERCISE & QUITTING SMOKING

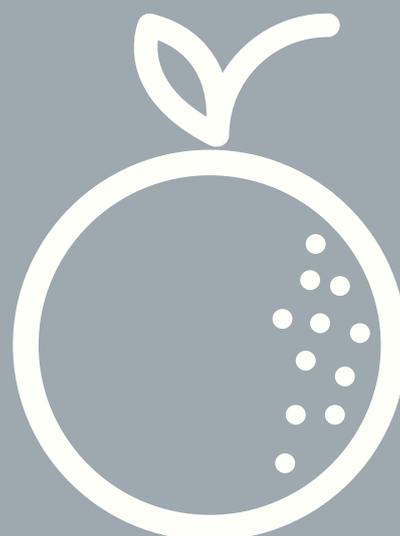
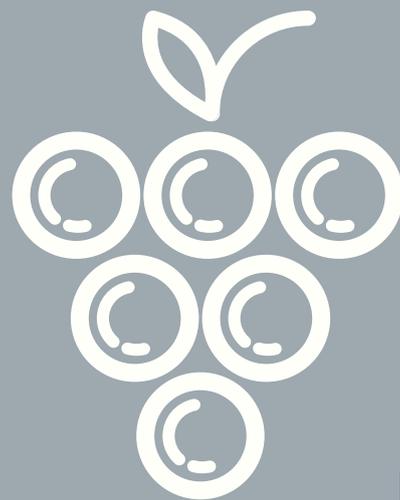
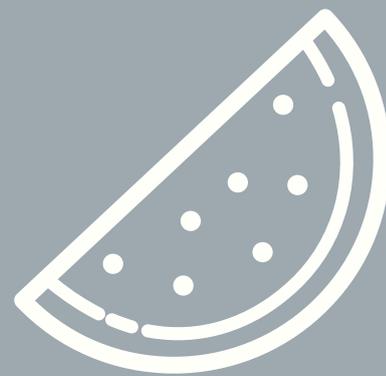


What is so good about exercise?

- Being active can be a good distraction. A short walk around the block will fill in the time you might have spent smoking and can help clear your mind, especially if listening to music.
- Exercise can help with stress. It can be a practical way to vent your frustration, use up extra energy and improve your mood. Exercise also releases endorphins - the hormone that makes you feel good.
- Exercise can help to minimise cravings and withdrawal symptoms.
- Weight gain is a concern for many smokers when quitting. Being active can help you keep weight off when quitting.
- Being active during the day can help you fall asleep faster at night and have a deeper sleep.
- Exercise is good for overall health by improving muscle and bone strength, as well as reducing the risk of health problems such as heart disease, type 2 diabetes and high blood pressure.
- Breathing becomes easier and energy levels increase within 72 hours of quitting.

Handy hints to avoid weight gain:

- **Walk up the stairs** - instead of taking the lift. This is a good way to burn off some calories and keep the blood moving around your body.
- **Park further away** - from transport or get off a stop earlier and walk the extra distance.
- **Walk around the block** - it's a great way to clear your mind and short bursts of exercise are good for you.
- **Pack your sneakers** - so that you can go for a walk in your lunch break. This is a good way to get some exercise and be more productive in the afternoon.
- **Keep moving** - standing up and walking around, such as when making phone calls, can help to add extra movement into the day.



- **Do stretching exercises** - stretching is a great way to strengthen your muscles and is good to do before and after exercise. Most people watch the news or a favourite TV show, so why not do some stretching exercises and 10-15 star jumps during ad breaks? Gentle stretching is also a good way to wind down at the end of the day before bed.
- **Build on your exercise** - once you are comfortable walking around the block, try going a second time or add some light weights. Maybe even start jogging, but if this is hard for you, consider setting yourself small goals like running for the distance between power poles.
- **Choose activities that you like** - many activities count as exercise. Whether it is dancing, walking, cycling, or playing basketball, the more you enjoy the exercise the more likely you are to fit it into your day and stick to it.
- **Exercise with a friend** - finding a workout partner can help keep you on track and motivate you to get out the door. You will also have someone to celebrate your success with.
- **Exercise guidelines** - it is recommended that your activity adds up to 2 1/2 to 5 hours during the week. It is best to do some activity on most, if not all days of the week. Doing any activity is better than doing none.

A list of simple exercises that can be done at home using little or no equipment can be found at:

- http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/circuit_training
- http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/weight_training

After quitting smoking:



Within 6-hours your heart rate slows and blood pressure decreases.



Within a day, carbon monoxide levels in your blood decrease and oxygen can more easily reach your heart and muscles. Your fingertips become warmer and your hands steadier.



Within a week your sense of taste and smell improve. Your lungs start to remove mucus, tar and dust.



Within 2-months you cough and wheeze less. Your immune system improves. Your blood becomes less thick and can flow better.



Within 6-months your lungs are working much better and produce less phlegm. You are less likely to feel stressed than when you were smoking.

For more information visit:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/smoking_weight_gain_and_quitting

<http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/breakfast/>