

## Reducing - Stopping Smoking and Managing your Weight

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian

It is important to manage your weight while giving up smoking because during this time:

- Food tastes and smells better
- Food can be used as a distraction to not smoke
- Your appetite returns
- Your metabolism slows down



Time stopped smoking	Benefits
<b>20 minutes</b>	Pulse begins to return to normal
<b>8 hrs</b>	Blood oxygen levels are recovering
<b>48hrs</b>	The lungs start to clear out mucus and debris
<b>48hrs</b>	Your sense of taste and smell begin to improve
<b>72hrs</b>	Breathing is easier and your energy levels increase
<b>3-9 months</b>	Lung efficiency improves up to 10%

(Taken from: <https://www.nhs.uk/better-health/quit-smoking/> accessed 9 March 2021)

**Use the healthy eating tips in this information sheet to help you make more low calorie choices and minimise any possible weight gain**

### Fruit and Vegetables

Aim to have five portions of these each day, fresh, frozen or tinned. Fruit and vegetables are both low in calories and provide essential nutrients to promote healthy skin, immune function and general well being.

One portion is:

- 1 fresh fruit, such as apple, small banana, pear, orange  
or, 2 small fruits, such as 2 plums, 2 apricots, 2 kiwis  
or, 3 tablespoons cooked fruit or vegetables  
or, a small mixed salad  
or, a medium glass of fruit juice (this will not contain as much fibre as eating the fresh fruit)  
or a handful of dried fruit.

### Fibre

Fibre is needed in the diet to help maintain a healthy digestive system. It also helps to fill you up.

To increase your fibre intake:

- Choose high fibre breakfast cereals such as Weetabix, Shreddies or Branflakes.
  - Choose brown, wholemeal/wholegrain bread, pasta and rice rather than white
- Eat five portions of fruit and vegetables per day (see section overleaf).
- Include pulses, peas, beans and lentils in stir fries and casseroles.



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**Fat**

Aim to eat less fat in your diet and change the type of fat:

- Choose low fat dairy foods such as semi-skimmed or skimmed milk, low calorie yoghurts, reduced fat cheeses and spreads.
- Avoid using fat when cooking – grill, poach, bake and microwave instead.
- Choose lean meat, trim visible fat and avoid skin from chicken and crackling from pork.
- Choose healthy option cook-in sauces with less than 5g fat per 100g sauce.

Change from butter to a polyunsaturated or monounsaturated low fat spread such as Flora Light, Gold Low fat, Olive Light spread.



**Sugar**

Sugar provides 'empty calories'. 1 teaspoon provides approximately 20 calories. Aim to reduce the amount of sugar in your diet as much as possible.

Try to:

- Have hot drinks without sugar or with a sweetener.
- Choose 'no added sugar' squashes, diet and slimline fizzy drinks.
- Choose tinned fruit in natural juice rather than in syrup.
- Choose low calorie yoghurts such as Weight Watchers, Onken light, Muller light
- Choose 'no added sugar' desserts such as sugar free jelly and 'no added sugar' instant whips made with semi or skimmed milk.

**Snacks**

You can have snacks between meals if you choose healthily. Remember to stock up on healthy items to prevent you being tempted by other things.

Try the following:

- bowl of chopped vegetables such as carrots, celery and peppers
- crispbreads and water biscuits
- plain popcorn
- fresh fruit/low calorie yoghurts

If you are tempted by chocolate try:

- low calorie chocolate mousse
- low calorie hot chocolate drinks such as Ovaltine Options, Cadburys Highlights and supermarket own brands
- Funsie bars and low calorie bars

If you are tempted by more savoury snacks try:

- Baked crisps
- Skips, Twiglets and Quavers – these still contain calories but are better than standard packets of crisps.

**Some extra handy tips**

Try to eat three regular meals each day.

Try to eat starchy carbohydrate such as bread, potato, rice and pasta at each meal. These are low in fat and will help to make you feel full.

Relax for a few minutes before a meal and eat slowly.

If you need to eat smaller portions, then try using a smaller plate.

- Try not to buy tempting foods – if it's not in the cupboard, you can't eat it!

Stay motivated. It is easier to achieve results if you have a clear goal of weight loss or clothes size to work towards.

Don't give up.

Your weight loss may stop and start but keep going and the outcome will be worth it!

