

## Snacking when you quit smoking

When you stop smoking, you may find you eat more snacks as your appetite and sense of taste improves.

You may also miss the physical 'hand-to-mouth' habit of lighting and smoking a cigarette, and feel the need to keep your hands busy.



So, to avoid weight gain, it's important to establish a healthy snack routine from the beginning. We suggest a balance of the following:

- **Fruit & Nuts** - make up a mixed fruit salad or try a different fruit each day, such as grapes, banana, apple, or perhaps a mixed berry & nut selection.
- **Cereal Bars** - there's also a large selection of cereal bars that you could nibble. Check the labels though as some can be quite high in calories.
- **Salad Vegetables** - keep a mixed salad to hand including raw carrot, celery, tomatoes etc. with a small amount of a low fat dressing to keep it interesting.

Remember, you're less likely to gain weight if you avoid high-fat, salty and sugary snacks!

Also, try to introduce a brisk walk into your break times. Finish your lunch break with a ten minute walk instead of a last cigarette! Don't forget to treat yourself, say once a week, to something nice for maintaining your non-smoking target!

After a few weeks, you'll establish a new and healthier routine that will become a regular part of your life.

Logon today at  
[www.nhsbt.wellbeingzone.co.uk](http://www.nhsbt.wellbeingzone.co.uk)

**Or create** an account by clicking 'Sign Up' and using the following code.

Organisation Code : **NHSBT1**

Go Mobile - Get the app

DOWNLOAD:

