

Step Away from the Scales.

For many, weight gain is a common concern when quitting. But in this early stage of your quit, it's important to focus on the health benefits of quitting smoking, not your weight.



Give Yourself a Break.

Try looking at the bigger picture. You're kicking one of the toughest addictions there is. You have to stay focused on that goal. And many people eventually start to lose the weight they may have gained as they adjust to being a nonsmoker.

The skinny on weight gain.

According to the American Cancer Society (ACS), many smokers do gain some weight when they quit. The weight gain is on average 6-12 pounds. The US Surgeon General believes that the health benefits of quitting smoking are far greater than any risks from the small weight gain. So stick to your quit. When you're feeling confident about being a nonsmoker, then you can deal with any weight gain you may have.

Focus on Ways to Stay Healthy.

Your goal right now is to quit smoking. So try not to start any strict diets at this time. Stressing about your weight can make it harder to quit.

For now:



Try to eat plenty of fruits and vegetables
(for example, blueberries are great, plus they're full of antioxidants)



Try to limit your fat intake
(for example, choose low-fat pretzel sticks)



Be sure to drink plenty of water
(8 cups of water a day is recommended)



Get enough sleep (6-8 hours a day is recommended)



Get regular physical activity (walking can help reduce stress, burn calories, and tone muscles). Please be sure to consult your doctor before taking on a new physical activity.