

Fact Sheet 12—Smoking and Weight Loss

- Many people, especially women, smoke because they believe it controls their body weight.
 - Nicotine in cigarettes does increase the body's metabolic rate - the rate at which the body uses energy.
 - Smoking has been known to decrease appetite; people who smoke are in general thinner than those who do not smoke.
- Tobacco use is not a recommended way to lose weight due to its harmful effects such as lung cancer and emphysema.
- **The health effects of quitting smoking far outweigh the few pounds that a person may gain and...**
 - Weight gain is not an automatic effect of quitting smoking.
 - Weight gain is moderate, an average of 7-10 pounds.
- Each person has control over the amount of weight they gain through...
 - Eating well:
 - Substitute healthy snacks for cigarettes, such as: pretzels, carrot sticks, and fresh fruits.
 - Eat breakfast to help satisfy “mid-morning lows” often experienced by a person who recently quit smoking.
 - Avoid high-fat and high-calorie foods that people often substitute for a cigarette.
 - Exercising
 - Increase your physical activity as soon as you quit...you will notice how much easier it will become for you to breathe during exercise after you quit smoking.
- Before quitting, develop a plan to control your weight.