

Smoking Cessation and Food

Quitting smoking is a hard thing to do, but it's an important step in taking charge of your health and reducing your risk of lung cancer and heart disease. Making a few changes in the foods you eat may help make the process a little easier.

The Link Between Your Eating Habits and Smoking

Cleaning up an unhealthy diet may seem like an overwhelming task to take on while you're also giving up cigarettes, but since smoking and food cravings are possibly linked, taking some time to focus on the foods you eat may be a good idea.

Smoking affects your sense of taste. you may find that foods start to taste differently when you cut down. This may be a great time to try new, healthy foods to find some things you like. It's not possible to say that eating any one specific food will take away your cravings for a smoke. But some foods may soften the trigger a bit. Why not try these suggestions below?

Eat more of these...

Crunchy veggies

Peanuts

Popcorn

Mints

Sugar free Gum

Fresh fruit

And less of these...

Cookies

sweets

Deep fried foods

Alcohol

Excessive caffeine, i.e. coffee, cola, energy drinks.

Regaining focus on food when quitting smoking

Some people report having a bigger appetite when they quit smoking, so following these healthy tips and enjoying fruit for snacks can help to satisfy an increased appetite but without adding the extra calories.

Set a regular meal pattern and avoid skipping meals. Feeling hungry may make you feel like reaching for a cigarette, but if you stick to a healthy pattern of three meals and two or three small snacks you can avoid that feeling. A bonus is that it may help you with your weight.

Munch on raw carrots or celery. Nibbling on something crunchy will keep your mouth distracted. Plus, since these veggies are low in calories they won't add to the size of your waistline. Don't like carrots or celery? That's okay, go for raw broccoli, cauliflower, or sliced peppers. Be prepared with mints or gum and reach for those every time you feel a craving coming on.

Popcorn is low in calories and great for keeping your hands busy.

Keep lots of fresh fruit to hand for healthy snacks. Fresh fruits such as oranges, pears, apples, and bananas are a good idea.

Cutting down on meat is a good idea when trying to quit smoking, as meat can make cigarettes taste better. So eating less meat can help with that temptation.