



FOREVER
FREE™...for Baby and Me

A Guide To Remaining Smoke Free



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Booklet 9: Smoking & Weight

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This is Booklet 9 in the Forever Free for Baby and Me series. This booklet covers how smoking and weight are related, the reasons that people often gain weight after quitting smoking, and what can be done to control weight after quitting smoking.

This booklet may be of interest even to people who are not worried about their weight. Exercise and diet are important for everyone who wants to live a healthy life.

Why a Booklet on Weight Control after Quitting?

Are you worried about gaining weight as an ex-smoker? Many women say they smoke to control their weight or they avoid quitting smoking because they fear weight gain. You are not alone in feeling like this.

Four out of every five people who stop smoking gain some weight. While the health benefits of quitting far exceed the problems of gaining weight, many women do not like it if they put on a few extra pounds. While you were pregnant, though, weight gain was normal and may not have been related at all to quitting smoking.

It is important to know that you can quit smoking and control your weight. It may take some time and effort, but it can be done! Pregnancy is a good time to begin a healthy lifestyle. You took the first step to a healthier life for you and your baby by quitting smoking. Now you can take another step by eating a healthy diet and getting regular exercise. These things will help you avoid extra weight gain due to quitting smoking.

This booklet should help you learn why people gain weight after quitting. It offers tips on how to lessen the amount of weight you might gain due to quitting. Remember, staying smoke-free is your #1 goal. Staying off cigarettes is much more important than losing a few pounds. Some women return to smoking to lose weight. You want to avoid this type of thinking, even if it means living with a few extra pounds for a while.

Who Gains Weight?



Most people who quit smoking gain between 4 and 10 pounds. However, weight gain is a normal and healthy part of pregnancy, with the average weight gain being 25 to 35 pounds.

Many women tend to relapse and go back to smoking after their baby is born because they believe this will get rid of excess weight. Some women believe this excess weight is a result of their quitting, but the average woman has about 12-21 pounds of excess weight to be lost after delivery. Many women are able to go back to the weight they were before they became pregnant in 8-12 months. Although this may seem slow, losing weight faster is not healthy. If you eat well and are active, you will lose weight. Remember to always check with your doctor about nutrition and exercise.

Why do Ex-smokers Gain Weight?

One of the reasons weight is gained is that we eat more calories than we use. There are 3500 calories in a pound of body fat. When a woman eats 3500 more calories than she can use, she will gain one pound. When she burns 3500 more calories than she eats, she will lose a pound. The number of calories that a woman burns each day depends on age, body weight, metabolism, and amount of exercise. These things determine how many calories she can eat without gaining weight, or while losing weight.

Metabolism

Metabolism is the energy needed for the body's functions, like the work of the heart, brain, and liver. About 70% of the calories burned each day are for these functions.

The nicotine in cigarettes raises the "metabolic rate" of smokers, which increases the amount of calories used. But it is a very unhealthy way to burn calories. After smoking a cigarette your "metabolism" goes up right away. Your heart may beat 10-20 more times per minute after you have a cigarette. This is one reason for the high rate of heart disease in smokers.

When you quit smoking, your metabolic rate slows down to a healthy level. It may even slow down an extra amount before going back to normal. It can take a few weeks or even months for your metabolism to rise back to a normal level. Meanwhile, this slower rate burns fewer calories.

There are more healthy ways than smoking to increase metabolism. Exercise is the best way, and it will be discussed later in this booklet.

Changes in Eating Habits

Another reason you might gain weight after quitting is because of changes in your diet. It is normal for you to be hungrier after quitting smoking. Studies show that people who quit smoking eat more food. Increased hunger is a common withdrawal symptom after quitting. It tends to last a bit longer than other symptoms. However, it is normal and healthy to increase the number of calories you eat while you are pregnant. Some women say that they see changes in eating habits during pregnancy. But they feel that these changes are a natural part of the pregnancy and not due to quitting smoking.

Marlene had never really liked sweets as a smoker. She didn't like cake or ice cream. Then Marlene quit smoking for her pregnancy. Now she orders dessert after dinner and goes into the freezer for ice cream while watching TV at night. After talking to her friend, Judy, about the cravings, Judy told her that she had felt the same during her pregnancy and she had never been a smoker.

When you quit smoking, your senses of taste and smell often improve. Pregnancy can also increase your senses of taste and smell. This might have caused you to enjoy food more than you had before. Those "pregnancy urges" may have led you to eat more food than you normally would.

Not only does appetite increase after quitting, but people's likes/dislikes also might change. People often say that before quitting they never had much of a sweet tooth but now they find that they eat sweet foods. Studies show that people want more sweet and fatty foods after quitting. Even rats in nicotine withdrawal studies want more sugar. And, as you know, sweet and fatty foods are mostly high in calories. Take this time to eat more fruits and vegetables and enjoy their natural sweet flavors.

Since Barbara quit smoking two months ago, she likes her new sense of taste and smell. She has been surprised by her increased liking for eating fruits. They satisfy her cravings for sweetness, but also add to her healthy diet.



Oral Gratification

(Feeling the Need to Have Something in Your Mouth)

Another reason that people gain weight after quitting is because of what ex-smokers call "oral gratification." Ex-smokers often report that they miss the feeling of having something to do with their mouth and hands. Eating or snacking is like the act of smoking because your hands and mouth are being used in the same way. The need to have something in your mouth goes away over time. Until then, keep your hands and mouth busy with objects, such as toothpicks or straws. You also can chew on carrots, celery, gum, or even sugar free mints. Or have a water bottle handy.

Other Reasons for Eating

Research also has shown that people often use food in the same ways they used cigarettes. They use both of them to deal with stress or boredom, to reward themselves, to pass time, or to be social. It is important to know why you eat even when you are not hungry.

Name some ways that you use food even when you are not hungry.

✓ _____

✓ _____

✓ _____

Is Weight Gain a Sure Thing?

While there are reasons for putting on pounds after quitting smoking, extra weight gain due to quitting does not have to happen. Studies of heart patients showed that patients who were told to make diet and lifestyle changes while quitting smoking did not gain as much weight as those who did not get this advice.



But remember, you are in a special time in which you have gained weight as a healthy and normal part of your pregnancy. You should not worry about some weight gain during pregnancy nor having some extra weight after delivery. Focus instead on healthy lifestyle changes, which include being smoke-free, eating a healthy diet, and being active. Making these changes provides you with the best tools to lose weight after your pregnancy and to do it in a safe, healthy way.

CONSUMER ALERT

Weight gain after quitting smoking is not a sure thing. There are some steps you can take to reduce weight gain (good diet, exercise). Remember, no way to quit smoking has ever been developed that prevents weight gain. Beware of smoking cessation programs that promise quitting without weight gain! Often these promises are made by those who place large ads in newspapers. They may promise that one session of hypnosis will "cure" you of smoking, without withdrawal symptoms or weight gain. These are promises that they cannot keep.

Remember: "If it seems too good to be true, it likely is."

Effects of Smoking and Weight Gain on Health and Looks

As stated before, some weight gain after quitting can be normal. This weight gain is small compared to the health benefits of quitting. Smoking hurts your health and looks more than does the added weight. The stress on your heart of smoking one pack of cigarettes per day is equal to being 90 pounds overweight!

And remember that quitting smoking lowers your risks of lung cancer, other cancers, heart attack, stroke, and lung problems (not to mention lowering your risk for miscarriages or having a baby with health problems, like asthma). For most people, smoking is far worse for your health than is extra weight.

And think about how much better you will look as a non-smoker and how much better you will smell. Smoking can cause face wrinkles and gray hair. Smoking stains your teeth and makes your nails yellow. It causes your hair, breath, and clothes to smell like smoke. But as a non-smoker, your teeth are whiter, your skin is healthier, and you don't smell of smoke. You can look and feel more attractive without smoking!

Susan had been without cigarettes for one year, with the last 3 months being after her baby was born. She had hoped by now to be back to the weight she had been before she became pregnant. She was not, and so she was very concerned about her weight. Others barely noticed the extra pounds. When Susan's brother got engaged, she decided that she must lose the weight before the wedding – she wanted to look good. Three months before the wedding, Susan began smoking again with the belief that this would help her to lose the weight. She told everyone that she would quit again after the wedding. But, she missed her brother's first dance at the reception because she was outside smoking a cigarette. Her brother later told her that he wished she had stayed quit rather than worry about a few pounds of weight. He said that he was afraid of what she was doing to her health by smoking. He told her he hoped that they would grow old together and see their kids grow up.



Susan's story has many lessons in it:

1. Often the only one who notices the weight gain after quitting is the ex-smoker.
2. Many women think smoking leads to weight loss. Cutting off your arm or removing your liver will also reduce your weight, but you would not think about doing those things. While in some cases smoking may lead to weight loss, it is not healthy. It is a harmful way to lose weight.
3. Susan thought that going back to smoking would make her look better. But she was actually taking better care of her looks by not smoking.
4. Susan missed her brother's first dance. Having to go for a cigarette can make you miss fun events. Being a nonsmoker frees you to go to nonsmoking places and you never have to miss anything because you have to go and smoke a cigarette.
5. Although Susan said that she would quit again after the wedding, it is likely that she will have trouble if she keeps focusing on the weight. As long as her weight is more important to her than her health, Susan will have a hard time staying off cigarettes. This is why quitting smoking – and staying quit - needs to be your goal.

Weight Control after Quitting

As stated before, weight gain due to quitting smoking is likely, but not a sure thing. About 80% of people who quit smoking gain weight at first but most lose the weight over time with no special work. But you will have gained weight already during your pregnancy. Many pregnant women who never smoked are also worried about excess weight gained during pregnancy. There are things that can be done to reduce the chances of gaining excess weight.

In general, weight gain occurs when people take in more calories than they use. But in your case, weight gain also occurred as your baby grew inside you. Gaining the right amount during pregnancy is best done with a good diet and with regular, appropriate exercise. This is also the best way to lose excess weight after delivery. It is very important to talk to your doctor before making any major changes in diet or exercise.



Eating Right

The types of foods you eat can help you control or lose weight.

1. Limiting total calories and those calories from fat is one way to control weight. Fats are loaded with calories. Today, many foods have less fat. Beware, though. Not all low-fat foods are low in calories. Also, just because something is low-fat does not mean you can eat more of it. Try to choose foods high in fiber, such as fruit, vegetables, grains, and seeds. Fiber helps you feel full quicker so you don't eat as much. Most foods have labels that make it easy for you to check the nutritional content. You may be surprised at how many calories and how much hidden fat there are in common foods. Come up with low-calorie, low-fat, high-fiber foods you most enjoy and keep these in mind when making or buying meals. It is important to eat the appropriate number of calories recommended during your pregnancy as well as after delivery, particularly if you are breastfeeding. This is not a time to cut down on your daily calories – in fact, your doctor may tell you to increase the calories you take in.
2. A better way may be to focus on the foods you *can* eat rather than on what you should not eat. You can eat lots of fruits, vegetables, whole grains, beans, and lean meats.
3. If you have the urge to snack you may want to cut up carrots, melon, and strawberries, or eat pretzels rather than chips. Some ex-smokers also like drinking ice water or sucking on ice cubes or popsicles. Avoid keeping junk foods like potato chips, chocolate, cookies, and cakes in the home or at your desk. Foods like this will only tempt you.

Some low fat foods and snacks include:

- ◆ Fruits and vegetables
- ◆ Lean meats and fish (e.g. chicken)
- ◆ Pretzels and crackers
- ◆ Skim milk and yogurt
- ◆ Plain bagels or rice cakes
- ◆ Salad
- ◆ Low fat cheese
- ◆ Low fat breakfast cereals (e.g. corn flakes)
- ◆ Baked tortilla chips
- ◆ Fat-free Jello and pudding
- ◆ Reduced fat microwave popcorn
- ◆ Sugar-free fruit popsicles

4. Remember that sweet foods often add calories. People seem to like sweet foods after quitting. If you reduce or avoid high calorie sweet foods, excess weight gain will be less likely.

List some high-fat or sweet foods that you will try to cut down:

- ✓ _____
- ✓ _____
- ✓ _____



Now, list some healthy foods that you will add to your diet:

- ✓ _____
- ✓ _____
- ✓ _____



5. Another way to reduce caloric intake is to change your eating habits. Perhaps you were used to having a cigarette at the end of a meal. Find something to replace it. For example, eat a piece of fruit, drink water, or brush your teeth at the end of your meal. Without this marker to end your meal, you may want to keep eating. You might want to get up from the table right after your meal and find something else to do.

Some people eat to deal with their emotions or stress. If this is you, you may want to find other ways to deal with these feelings. Try relaxing or deep breathing exercises. For more information on this topic and other coping strategies, please see *Booklet 7: Smoking, Stress & Mood*.

Helpful Hint:

You may also want to write down what you eat each day for a week in a Food Diary. This might help you see where you are eating more than you should. Eating, like smoking, is something that we do sometimes without noticing how much we do it. We often do not realize how all the snacking between meals adds up until we see it on paper. Do this for a week and see how you can make changes.



Exercise

We understand that you may not be able to exercise during all of your pregnancy or right after delivery. After having a baby, it is normal to take a few weeks for a woman to feel like herself again. It is a good idea to take things slowly and build up to a healthy level. Although it is important to be careful, exercise after quitting smoking, and during this time in your life, is good for many reasons:

1) Exercise burns calories

Exercise burns calories. Exercise such as walking, jogging, or swimming can burn off 200-600 calories per hour. Not only do you burn calories while exercising, but your metabolism increases and you burn calories at a higher rate for up to 24 hours after exercise.

2) Exercise makes you want to eat less

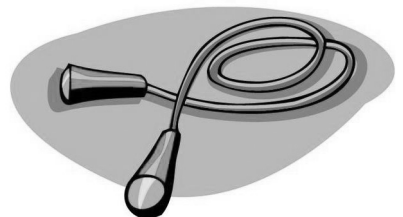
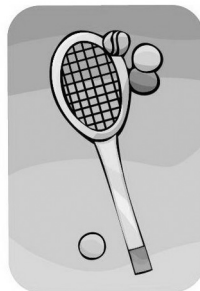
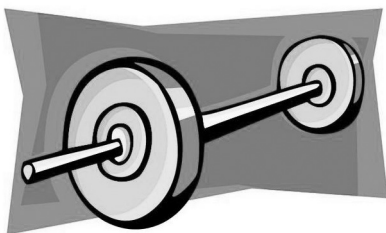
Most exercise lowers appetite. When you exercise, fat is broken down and released into the bloodstream. This makes you want to eat less.

3) Exercise cuts down urges for cigarettes

Exercise is hard to do while smoking. Many smokers do not enjoy exercise because less oxygen reaches their heart and muscles causing cramps and shortness of breath. Without the carbon monoxide from smoking in your system, exercise will seem easier and be more fun. Don't let smoking get in the way of those good feelings!

4) Exercise helps you to deal with stress

You can use exercise as a healthy way to deal with stress, boredom, and tension. Exercise helps relieve tension. It has been found to make women feel good about themselves. Exercise also improves your skin, body tone, and strength.



How many calories are burned by different forms of exercise? Here is a list of calories burned per hour for a person weighing about 150 pounds. A heavier person will burn more calories per hour. Check with your doctor about exercises that are safe to do while pregnant and after delivery.

<u>Activity</u>	<u>Calories Burned Per Hour</u>
Sitting	100
Housework	180
Bicycling (5 mph)	210
Gardening	220
Golf	250
Lawn-mowing (power)	250
Rowing a boat	300
Swimming	300
Calisthenics	300
Walking with stroller (3 mph)	300
Horseback riding	350
Square dancing	350
Volleyball	350
Roller-skating/Rollerblading	350
Bowling (nonstop)	400
Tennis	420
Basketball	500
Handball	600
Bicycling (13 mph)	660
Running (10 mph)	900

Make Exercise a Part of Your Day

Different people find different types of exercise more fun. You do not have to have a formal exercise routine. Make small changes each day to increase the amount of calories you burn. Set little goals, like doing 10-minutes of exercise each day and then slowly increase it. Just be sure that whatever you choose to do, it is something you like. You are more likely to stay with new activities that interest you, rather than doing things that others think are a good idea. You might like to think about something you can do with your partner, like walking.

You may want to take time to exercise and/or fit exercise into your normal day. Types of exercises that are often suggested during pregnancy and after delivery include walking and swimming. Just be sure you don't overdo it. Planned exercise such as joining a dance class, going to the gym, or playing sports are also great ways to improve your health after the delivery of your baby. (Think of all of the money you save by not smoking - \$2000 per year for most ex-smokers. Perhaps part of this money could go towards something healthy – like a bike or gym membership.)

Take the dog for a walk, take the stairs rather than the elevator, or take a water aerobics class with some friends.

Claudia quit smoking 4 months ago when she learned she was pregnant. She wants to gain a healthy amount of weight during her pregnancy. She has cut down on eating junk food and now eats more fresh fruits and vegetables. She also wants to be fit. She knows this will help her feel better, may shorten her time in labor, and will make it easier to get back in shape after her baby is born. Claudia loves to swim. She decided that with the money she is saving from not buying cigarettes she will join the local gym where she can swim on the weekends. Claudia also decided that she will begin taking her dog for a walk three times a week after work.



Claudia found FUN ways to increase her exercise and calorie use. People often have trouble getting into the habit of exercising. Here are a few tips to help get you started:

- ◆ Start slow. Set a goal that works for you. Set little goals, like doing 10-minutes of exercise each day and then slowly increase it. It does not make sense to plan 5-mile runs when you may not have been able to exercise for many months. Instead, begin by walking around the block 3 times per week.
- ◆ Make time for exercise. Exercise tends to get squeezed out by other activities unless you plan for it. So schedule, for example, 30 minutes on Sunday, Tuesday, and Friday for your walks. Many women say that smoking was something that was time just for them. Here is a chance to still have time that is just for you. And now you will be doing something good for yourself as well.
- ◆ Make it a social event. We often enjoy things more if we do them with others. So exercise with a friend or your partner. Or join a class at the YMCA/YWCA or community center. The other benefit of exercising with someone else is that you are less likely to skip a session. Support from others can be helpful when you may be tempted to give up on your goal.
- ◆ Reward yourself for a job well done. Often we don't acknowledge our accomplishments as often as we should. Focus on a job well done!



Take a few minutes right now to:

1. Think about the types of exercise that you like to do.
2. Think about how you can make exercise a part of your day. Think about things that might get in the way of regular exercise, such as time or money, and how you can get around them.
3. Think about the benefits of exercise.

Now, write down how you can make exercise part of your day.

✓ _____

✓ _____

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✓ _____

Write down types of exercise that you like and that can work for you.

✓ _____

✓ _____

✓ _____

✓ _____



Remember, exercise helps both your physical health and your psychological health.



Breastfeeding and Weight Control

During your pregnancy, it may be hard to know if any of the weight you gain is due to quitting smoking. Many women are tempted to start smoking after delivery to lose the extra weight. Extra weight after delivery is normal, and it usually takes women 8 to 12 months to get rid of this weight. Staying smoke-free is your #1 goal. You can lose extra weight in a healthy way.



One way is through breastfeeding. Breastfeeding may help in weight loss during the first year after delivery. Breastfeeding releases hormones that help your uterus to return to its pre-pregnancy size and shape. Producing milk takes a lot of energy, or calories. This too may help keep your weight down. Breastfeeding mothers will need to eat more calories than new mothers who are not breastfeeding. Otherwise, your milk production may drop. Breastfeeding, combined with a healthy diet, is a natural way to control your weight after you deliver. But don't count on weight loss right away. The results of breastfeeding do not happen right away.

If you do not want to breastfeed or cannot, tell yourself that smoking is still not an option. Keeping a healthy diet and an active lifestyle will let you safely lose the weight as easily as any other woman. You have made a healthy lifestyle change for both you and your baby by being smoke-free. Keep up the good work even after your baby is born!

Summary

1. Make "not-smoking" your #1 goal.
2. Weigh yourself regularly at least once a week. Check with your doctor about the right weight gains during your pregnancy as well as safe weight loss after delivery.
3. Know what you are eating.
4. Eat well-balanced meals.
5. Limit snacks.
6. Avoid sweets.
7. When you eat out, eat wisely.
8. Eat slowly and put your fork down between bites.
9. Enjoy each bite.
10. Exercise regularly. Always check with your healthcare provider about the right type of exercises during the different stages of pregnancy and after delivery.
11. Breastfeeding may help you with weight loss after the delivery of your baby. But keeping up a healthy lifestyle is very important, whether or not you breastfeed.

Remember that gaining weight after quitting smoking is normal. So is weight gain during pregnancy and some extra weight after delivery. Studies show that people who make changes to their eating and exercising habits do *not* gain much, if any, weight from quitting. If you do gain any extra weight from quitting smoking, you and your baby are still far better off than if you were smoking.



Notes:

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Enjoy Better Health for You and Your Baby

Stay Smoke-Free!

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