

# 戒煙時避免發胖

## Avoiding Weight Gain When Quitting Tobacco

Many people have concerns about gaining weight when they decide to quit using tobacco. Nicotine increases the calories your body uses and can act as an appetite suppressant. Your body may burn calories more slowly and you may feel hungrier when you stop using tobacco.

Quitting tobacco use does not mean you will gain weight. Some people gain 4 to 10 pounds during the first few months of quitting, but many people lose this weight as they adjust to life as a non-tobacco user.

Keep your focus on quitting. It can be hard to quit and try to lose weight at the same time. Quit first for your health and deal with any weight gain later, if you need to focus.

### Reasons why weight gain may occur

- You may eat to replace the behavior of smoking or using tobacco. You may feel the need to keep your hands or mouth busy.
- Instead of tobacco, food can become a substitute. You may eat during stress, boredom or at social events.
- Your sense of smell and taste may improve after quitting. When food tastes better, you may eat more, even if you are not really hungry.

許多人在決定戒煙時會擔心發胖。尼古丁會增加人體卡路里的消耗，並可以起到抑制食欲的作用。當您停止吸煙時，您的身體消耗卡路里的速度會放慢，並且您可能會感到饑餓。

戒煙並不意味著您會發胖。有些人的體重在戒煙後的前幾個月中增加了 4 到 10 磅，但是許多人在適應不吸煙的生活後，體重會減輕。

請專注於戒煙。很難戒煙的同時嘗試去減重。如果您需要集中精力，請先戒煙，然後再處理體重增加的問題

### 體重增加可能的原因

- 您可能會以進食代替吸煙或使用煙草的行為。您可能覺得有必要讓您的手或嘴忙起來。
- 食物可以代替煙草，成為替代品。您可能在感到壓力、無聊或社交活動時進食。
- 戒煙後您的嗅覺和味覺可能會得到改善。當食物的味道更好時，您也可能會吃得更多，即使不是真的餓了。

## You can reduce the chance of weight gain

If you eat a healthy diet and stay physically active, you can greatly reduce your chance of gaining weight. Have a plan to deal with stress, boredom or other situations that does not involve food. Try some of these tips to keep your weight under control.

- **Eat healthy:**
  - ▶ Control your portion size. Chew slowly and enjoy each bite.
  - ▶ Snack on healthy foods like carrots, apples or other fresh fruits and vegetables. Fresh vegetables are often low in calories.
  - ▶ Limit foods that are high in sugar or fat such as candy, chips, soda, cakes or cookies.
  - ▶ Drink 6 to 8 cups of water each day. Limit or avoid alcohol that can have lots of calories.
  - ▶ Try sugar free gum, hard candy or a few sunflower seeds to cut the urge to snack.
- **Be active:**
  - ▶ Take walks.
  - ▶ Use the stairs instead of elevators.
  - ▶ Park your car in the lot furthest away from the entrance.
  - ▶ Work in your garden or do yard work.
  - ▶ Ride a bike or do other activities you enjoy.
- **Other things to try:**
  - ▶ Use toothpicks, straws or rubber bands to fulfill your hand to mouth habit.
  - ▶ Keep your hands busy by working on puzzles or read, knit or do crafts.

## 您可以減少發胖的機會

如果您飲食健康並且保持體育鍛煉，就能大大降低發胖的機率。制定一個不以飲食來應對壓力、無聊或其他情況的計畫。嘗試以下一些技巧來控制體重。

- **健康飲食:**
  - ▶ 控制食物的份量。細嚼慢嚥，享受每一口。
  - ▶ 以胡蘿蔔、蘋果或其他新鮮水果和蔬菜等健康食品作為零食。新鮮蔬菜的熱量通常很低。
  - ▶ 少吃糖或脂肪含量高的食物，例如糖果、薯條、蘇打水、蛋糕或餅乾。
  - ▶ 每日飲用 6 至 8 杯水。減少或避免飲用可能含有大量卡路里的酒水。
  - ▶ 嘗試一些無糖口香糖、硬糖或一些葵花籽來削減吃零食的衝動。
- **保持鍛煉:**
  - ▶ 散步。
  - ▶ 走樓梯代替乘坐電梯。
  - ▶ 將車停在離入口最遠的地方。
  - ▶ 在花園裡工作或進行庭院勞動。
  - ▶ 騎自行車或做自己喜歡的其他活動。
- **其他可嘗試的方法:**
  - ▶ 使用牙籤、吸管或橡皮筋來滿足手到口的習慣。
  - ▶ 透過拼圖或閱讀、編織或做手工來保持雙手忙碌。

- ▶ Call a friend for support.
  - ▶ Track your eating habits by keeping a food diary to help you maintain a healthier diet.
  - ▶ Brush your teeth after eating meals so you are less likely to continue to eat when your meal is finished.
  - ▶ Talk to your doctor about meeting with a dietitian for help with weight loss, if needed.
- Lastly, keep a list of your reasons for quitting close by to help you stay on your path to a tobacco free life.

**Talk to your doctor or nurse if you have questions about quitting tobacco use, or call 1-800-Quit-Now or 1-800-784-8669.**

- ▶ 致電朋友尋求支持。
  - ▶ 透過記錄食物日記來追蹤您的飲食習慣，幫助您保持更健康的飲食。
  - ▶ 飯後刷牙，這樣飯後就不太可能繼續進食。
  - ▶ 如果需要，請與您的醫生討論是否應與營養師會面以幫助減重。
- 最後，列出您戒煙的原因，幫助您堅持無煙生活之路。

**如您對戒煙有疑問，請造訪您的醫生或護士，或致電 1-800-Quit-Now 或 1-800-784-8669。**