

BOOK 6: EATING WELL AND LOOKING GOOD

Many people worry about gaining weight when they quit smoking. They often give this as an excuse for not quitting. The truth is, of those who gain weight, the average weight gain is five pounds.

Why do some people gain weight once they quit smoking?

- * They burn fewer calories because they no longer have nicotine in their bodies.
- * They substitute eating for cigarette smoking.
- * Their sense of taste improves and food tastes better, so they eat more.

Understanding how smoking affects your body and learning about good nutrition will help keep the unwanted pounds off. This book covers everything you need to know to prevent weight gain.

BURNING CALORIES

There is no magic involved in gaining or losing weight.

- * You will gain weight if you eat more calories than you burn.
- * You will lose weight if you eat fewer calories than you burn.
- * Your weight will stay the same if you eat the same number of calories as you burn.
- * Eating low-fat foods will help you maintain your weight.

Where do calories come from and how are they burned?

- * Calories come from the food you eat

and the beverages you drink.

- * Calories are used by your body for functioning: breathing, growing, digesting food, standing and walking.

How do you keep the weight off?

- * Don't eat more calories than you burn!
- * Choose a diet low in fat.
- * Eat a variety of foods.
- * Eat plenty of vegetables, fruits and grain products.
- * Eat sugar and sweets in moderation.
- * Consume alcoholic beverages in moderation.
- * Be physically active.
- * Eat several balanced, small-portioned meals throughout the day.

Note

People who are active and eat well burn more calories and have more energy.

CHANGING HOW YOU EAT

People often think that eating healthful foods and maintaining their weight means eating less. Actually, it means replacing some of the high-fat foods you eat (i.e., pastries, cheese and some meats),

with low-fat foods like whole grain breads, lean meat, fruits and vegetables.

Fat is very high in calories. In fact, it has twice as many calories as equal amounts of carbohydrates and proteins. By eating more low-fat foods and fewer high-fat foods, you can reduce the number of calories you eat, but still eat the same amount of food.

Don't give up your favorite high-fat foods! The trick is to eat them in moderation. Experiment with low-fat foods and discover which ones you really like. (See Fat Consumption Guidelines on the next page.) Occasionally, substitute them for some of the higher-fat foods you currently eat. Don't force yourself to eat low-fat foods that you do not like or find tasteless.

RECOMMENDED DIET

Try to limit the fat in your diet to 20 percent of the total calories you eat each day. To do this, you don't have to count calories all the time. Instead, get a general idea of what foods are high in fat and which foods are low in fat. Try to eat low-fat foods more often than high-fat foods.

Fat	20-35% of daily calorie intake
Carbohydrates	45-65% of daily calorie intake
Protein	10-35% of daily calorie intake

Examples of foods that are high in fat are butter, margarine, oils, nuts and whole milk products (see the Fat Consumption Guidelines on the next page for more examples of foods that are high in fat). Limit

the amount of fats in your diet. Your body needs some fat, but too much leads to weight gain and can cause health problems.

What Are Carbohydrates?

Carbohydrates provide energy for your body. Foods like bread, pasta, tortillas, fruits and vegetables are high in carbohydrates. They are low in fat and calories, unless they have been processed and fat has been added to them. Examples of processed carbohydrates that are high in fat are donuts, muffins, crackers, french fries, some cereals and chips (potato, corn and tortilla). Try to eat low-fat carbohydrates.

What Are Proteins?

We need protein to build and maintain strength. People tend to eat more protein than they need and get their protein from sources that are high in fat. Some examples of protein sources are meats, fish, tofu, dried beans and peas, cheese, milk and eggs. You should eat about four to five ounces of protein each day. Check the Fat Consumption Guidelines to find out which proteins are low in fat.

CALCULATING THE FAT IN FOODS

Food labels contain all the information you need to find out how much fat is in your favorite foods.

Look at this label of a package of macaroni and cheese.

Nutrition Facts	
Serving Size: 1/2 cup	
Servings Per Container: 4	
Amount Per Serving	
Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Sugar 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2% • Calcium 15% • Iron 4%

* Percents (%) of a Daily Value are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs:

Nutrient	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrates	300g	375g
Fiber	25g	30g

1g Fat = 9 calories
1g Carbohydrate = 4 calories
1g Protein = 4 calories

Take the number of “calories from fat” per serving (120) and divide them by the total “calories” per serving (260). This gives you the percentage of calories from fat (.46 or 46 percent).

$$\frac{120 \text{ Calories from Fat}}{260 \text{ Total Calories}} = 46\%$$

Almost 50 percent of the calories from this macaroni and cheese comes from fat.

Balance eating foods that are higher in fat with foods that are lower in fat, so that the total amount of fat you eat each day is about 20 percent.

When you do eat fats, fats that come from vegetables are generally better than those that come from animals or tropical plants.

* Use mono- or polyunsaturated vegetable fats for cooking.

Olive, canola, safflower and peanut are all “good” oils to use; however, they should be used in moderation since they still have a lot of calories.

* Fats to avoid:

Animal fat (lard); milk fat (cream, butter); hydrogenated fats (margarine); and coconut, palm and palm kernel oils (tropical oils).

REDISCOVERING FOOD

Smoking dulls your sense of taste and smell. When you quit smoking, you will appreciate the taste of foods more and may eat more.

Keep in mind that if you don't increase the number of calories you burn and you consume more calories you will gain weight.

BURNING CALORIES

Nicotine is a stimulant, which means it increases your body's ability to burn calories. When your body is free of nicotine, you may burn fewer calories.

To offset this decrease in the number of calories your body burned from the nicotine, eat more low-fat foods and increase your level of physical activity.

If you walk an additional 20 to 30 minutes a day, you will burn as many calories as you did when you smoked.

HELPFUL HINTS TO MAINTAIN YOUR WEIGHT

1. Avoid high-calorie snacking.

Many ex-smokers satisfy their cravings to smoke by snacking. It's okay, as long as you do not eat foods high in calories or fat. Here are a few key things to remember:

- * Try not to increase the total amount of food you would normally eat during the day. If you snack, eat smaller meals.
- * Snack on healthy, low-fat foods, such as carrots, cucumbers, bananas, apples, grapes, pretzels, popcorn or bagels.
- * Instead of picking up a cigarette, try one of the following:
 - Drink water, diet soda, herbal tea or flavored sparkling water
 - Suck on cinnamon sticks
 - Suck on sugar-free breath mints
 - Chew on sugar-free gum
 - Chew on straws or flavored toothpicks

2. Eat fats sparingly.

Cutting back on the amount of fat in your diet can help you maintain your weight.

Switching from high-fat foods to foods lower in fat is easier than you might think. For example, a regular hamburger may have three to four times the fat as an extra lean hamburger made from sirloin. Grilling or broiling meat, instead of frying it, allows fat to drain and reduces the amount of fat.

3. Try to avoid refined foods.

Heavily refined foods add calories, but provide little nutrition. They are often called "empty calories." Foods high in sugar or made with white flour are generally considered refined. Read food labels and avoid foods that list sugar as one of the first ingredients (i.e., breakfast cereals like Captain Crunch or Sugar Smacks and most cookies).

Instead, try eating foods high in fiber (fruits, vegetables, and multi-grain breads and cereals). They have fewer calories, provide more nutrients and help make you feel full and satisfied.

It's easy to replace:	With:
White Bread	Wheat, Rye, Multi-Grain Bread
Pancakes	Buckwheat or Whole Wheat Pancakes
Candy Bars	Fresh Fruit Frozen Yogurt
High-Sugar Cereals	Cheerios Wheaties Grape-Nuts Oatmeal Mini-Wheats
Chocolate Chip Cookies	Fig Newtons Ginger Snaps Graham Crackers Molasses Cookies

4. Increase the amount of fruits and vegetables in your diet.

- * Almost all fruits and vegetables are low in calories and fat. An exception is avocados. Go easy on the guacamole!
- * Fruits and vegetables that are high in fiber and contain beta carotene and/or vitamins C and E may help prevent cancer

5. Choose lean cuts of meat.

- * Skinless chicken and turkey, preferably the white breast meat
- * Hamburger that is labeled extra lean, sirloin, flank or chuck steak
- * Fish

6. Choose low-fat methods for cooking your foods.

- * Do not deep fry or pan fry foods
- * Instead, choose methods that allow the fat to drain (i.e., baking, broiling, poaching or barbecuing)

7. Try low-fat desserts.

- * Fruit salad
- * Angel food cake
- * Low-fat or nonfat frozen yogurt
- * Nonfat pudding or pudding made with nonfat milk
- * Ginger snaps, graham crackers, fig bars

- * Air-popped popcorn with little or no butter
- * Pretzels
- * Sugar-free Jello

8. Balance how much you eat with your level of activity.

If you find yourself eating more calories once you quit smoking, increasing your level of physical activity can help to maintain your weight.

Below is an example of how to maintain your weight by exercising and being more aware of what you eat.

One pound of fat is equal to 3,500 calories.

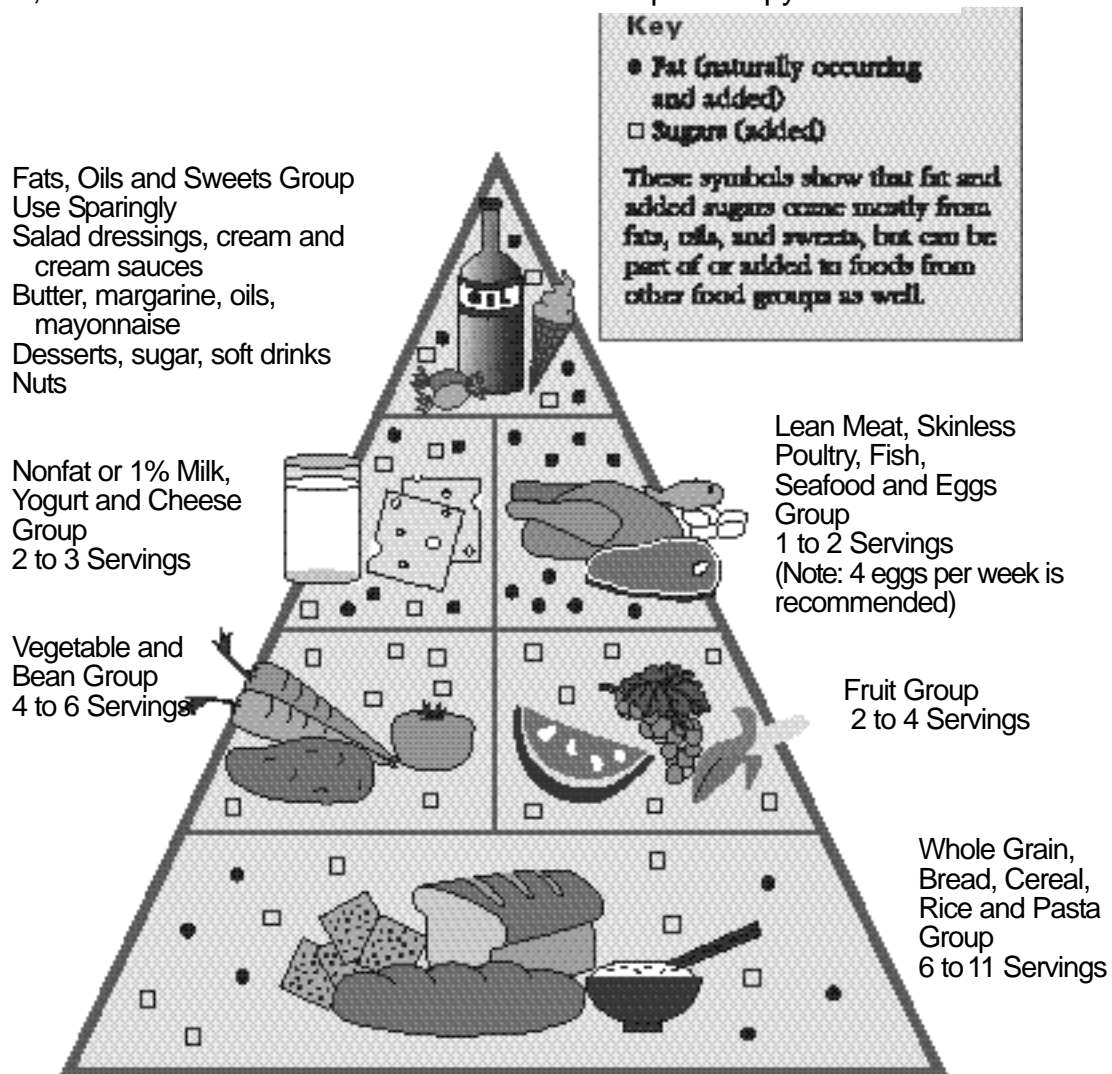
- * Increase physical activity to burn 250 calories (ex: walking 2.5 miles a day).
- * Decrease the number of calories you eat each day by 250 calories. (Eat a hamburger with extra lean ground beef and no mayonnaise instead of regular ground beef with mayonnaise)
- * This is a difference of 500 calories each day or about a pound of fat per week.

9. Eating on the go.

Eating on the go is no excuse for eating unhealthful foods. When your only choice is a fast-food restaurant, pick something that is not fried and is low in fat (i.e., a grilled chicken sandwich on a whole wheat bun).

FOOD GUIDE PYRAMID* — A Guide to Daily Food Choices

Use the Food Guide Pyramid to help you eat better every day. Go easy on fats, oils and sweets which are the foods in the tip of the pyramid.



What counts as one serving?

Whole Grain, Bread, Cereal, Rice and Pasta Group

- 1 slice of bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1 ounce of ready-to-eat cereal

Fruit Group

- 1 piece of fruit or melon wedge
- 3/4 cup of juice
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit

Nonfat or 1% Milk, Yogurt and Cheese Group

- 1 cup of milk or yogurt
- 1-1/2 to 2 ounces of cheese

Vegetable and Bean Group

- 1/2 cup of chopped raw or cooked vegetables
- 1 cup of leafy raw vegetables
- 1/2 cup beans

Lean Meat, Skinless Poultry, Fish, Seafood and Eggs Group

- 2-1/2 to 3 ounces of cooked lean meat, poultry or fish
- Count 1/2 cup of cooked beans or 1 egg or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets

- Limit calories from this group, especially if you need to lose weight

*Adapted from the U.S. Department of Agriculture Human Nutrition Information Service.

