

**THE DIET TO STOP SMOKING - REDUCE OR REGAIN
WEIGHT AND FEEL GREAT**

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How Can I Avoid Weight Gain When I Stop Smoking?

Here's how to avoid weight gain when you quit smoking. Since you now can smell and taste food better, things like sugary and sweet foods become very attractive. Crunching on a carrot when you feel like a cigarette or a snack will Lower Back Pain Relief · Rehabilitation Services · Stop Infestations.

Quit Smoking Without Gaining Weight

And they go back to smoking to avoid the weight gain," Purcell tells WebMD. of smoking will have you looking great, even if you put on a few, says Purcell. " When you are preparing to quit, improving the healthiness of your diet will If you feel you must have sweets, go for sugarless and fat-free ones, suggests Purcell.

Weight gain after quitting smoking: What to do: MedlinePlus Medical Encyclopedia

While many smokers gain some weight after they quit, it is better for your When you quit smoking, you might feel hungrier and eat more than you used to eat.

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Make sure that you are taking your medicines regularly to help suppress cravings. This content does not have an English version.

There are a couple of reasons why people gain weight when they give up cigarettes. As you get ready to quit smoking, here are some things you can do to keep your weight in check. But the biggest part was exercise. If you gain weight after quitting and cannot lose it, you might have better results in an organized program. Don't use food as a reward. But they are still as annoying as when you first quit, Fisher says, so be prepared to tackle them head-on. Get plenty of rest and physical activity.