

# 戒烟时避免发胖

## 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.

许多人在决定戒烟时会担心发胖。尼古丁会增加人体卡路里的消耗，并可以起到抑制食欲的作用。当您停止吸烟时，您的身体消耗卡路里的速度会放慢，并且您可能会感到饥饿。

戒烟并不意味着您会发胖。在戒烟的最初几个月中，有些人的体重增加了4到10磅，但是许多人在适应不吸烟的生活后，体重会减轻。

请先全力戒烟。很难戒烟的同时尝试去减肥。如果您需要集中精力，请先戒烟，然后再处理体重增加的问题。

### 体重增加可能的原因

- 您可能会以进食代替吸烟或使用烟草的行为。您可能觉得有必要让您的手或嘴忙起来。
- 不吸烟时，食物可以代替烟草，成为替代品。您可能在感到压力、无聊或社交活动时进食。
- 戒烟后您的嗅觉和味觉可能会得到改善。当食物的味道更好时，即使不是真的饿了，您也可能会吃得更多。

## 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.

## 您可以减少发胖的机会

如果您饮食健康并且保持体育锻炼，就能大大降低发胖的机率。制定一个不以饮食来应对压力、无聊或其他情况的计划。尝试以下一些技巧来控制体重。

- **健康饮食:**
  - 控制食物的份量。细嚼慢咽，享受每一口。
  - 以胡萝卜、苹果或其他新鲜水果和蔬菜等健康食品作为零食。新鲜蔬菜的热量通常很低。
  - 少吃糖或脂肪含量高的食物，例如糖果、薯条、苏打水、蛋糕或饼干。
  - 每日饮用 6 至 8 杯水。减少或避免饮用可能含有大量卡路里的酒水。
  - 尝试一些无糖口香糖、硬糖或一些葵花籽来削减吃零食的冲动。
- **保持锻炼:**
  - 散步。
  - 走楼梯代替乘坐电梯。
  - 将车停在离入口最远的地方。
  - 在花园里工作或进行庭院劳动。
  - 骑自行车或做自己喜欢的其他活动。
- **其他可尝试的方法:**
  - 使用牙签、吸管或橡皮筋来代替手到口的习惯。
  - 通过拼图或阅读、编织或做手工来保持双手忙碌。

- ▶ 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.
- ▶ 致电朋友寻求支持。
  - ▶ 通过记录食物日记来追踪您的饮食习惯，帮助您保持更健康的饮食。
  - ▶ 饭后刷牙，这样饭后就不太可能继续进食。
  - ▶ 如果需要，请与您的医生讨论是否应与营养师会面以帮助减肥。
  - 最后，列出您戒烟的原因，帮助您坚持无烟生活之路。

**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.**

**如您对戒烟有疑问，请咨询您的医生或护士，或致电 1-800-Quit-Now 或 1-800-784-8669。**