

Healthy Snacking for Smoking Cessation

Quitting can be hard. What's the best way to fight those cravings?

On average, smokers gain 4–10 pounds when they quit. People often replace their smoking rituals with snacking because of the oral gratification and the returned sensitivity of taste and smell. Next time you have a craving, try to wait 5 minutes or find an alternative activity. Usually the craving will pass, but if you can't beat it, try one of these low-calorie snacks instead!

Quick Tips!

Don't snack out of the bag. Remove *only* the amount you are going to eat.

Try a new hobby like learning to play a musical instrument, gardening or yoga to get your mind off eating.

If you feel the urge to snack, drink a calorie-free beverage to beat the craving—drinking through a straw will also help.

Eat slowly. Pause between bites to enjoy your meal fully.

Snacks under 50 Calories

Snacks under 50 Calories	Calories
1½ cups air-popped popcorn	15
12 grape tomatoes	25
½ cup baby carrots	35
1 medium box of raisins	45
1 rice cake	45
1 medium kiwi	45
24 thin pretzel sticks (½ oz.)	50
½ cup grapes	50
4 walnut halves or 6 almonds	50

Snacks 51–100 Calories

Snacks 51–100 Calories	Calories
8 dried apricot halves	67
½ cup apple slices	68
1 piece mozzarella string cheese	80
25 pistachios (unsalted)	100
6 oz. light, fat-free yogurt	100
½ cup celery sticks with 1 Tbsp peanut butter	100

Snacks 101–150 Calories

Snacks 101–150 Calories	Calories
½ cup sherbert	110
5 wheat crackers and 1 triangle of reduced fat spreadable cheese	120
25 dry roasted, unsalted peanuts	147

Contact SCAN

Website: www.scandpg.org

Voice: 800.249.2875



Homemade Sugar-Free Popsicles

Make a 2 quart pitcher of sugar-free mix according to the packaging directions.

Pour the mixed drink into popsicle molds, freeze until solid.

Use 4 oz. paper cups and popsicle sticks as an alternative to molds.