

## Food

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You've decided to quit smoking. You've set yourself a difficult challenge that will require **true willpower!** The best way to succeed is to quit **all at once**. This may seem difficult but the result will be quicker and more convincing. After just **a few days** you will start to **feel better**. Nicotine substitutes can be useful here and will help you quit immediately rather than gradually reducing your consumption.

**At first, be careful with food.** Although weight gain is far from automatic, you do run the risk of picking up unhealthy snacking habits.

After a few smoke free days your sense of taste and smell will return to their original state. Enjoy this by rediscovering the **flavour of food** but remember to eat balanced meals. Try avoiding chocolate and coffee as these can cause a desire to smoke, as well as alcohol and all high calorie products. If need be, **consult a dietician**.

If you are feeling nicotine withdrawal symptoms and crave a cigarette, have a glass of water, eat some fruit, or chew sugar-free gum.

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