

Inova TobaccoNET

Session 8: Personal Activity

It can be easy to replace using tobacco with eating...during both activities you are putting something into your mouth. You need to be aware of this, and may need to address this behavior earlier than later. But you may also need to give yourself permission to gain a few pounds. What's a few pounds compared to the benefits you will derive from being tobacco-free? Once you feel comfortable with your new lifestyle you can tackle the weight issue.

Your Activity for the Week:

Incorporate Nutrition Strategies

Read over the following strategies to help you minimize or avoid weight gain. Choose up to three strategies to work on. Use the chart at the bottom of the page to track your successes.

- Take smaller portions and eat *slowly*. Put your fork down between mouthfuls.
- Eat a variety of foods to ensure you ingest the many nutrients required to maintain optimal health.
- Limit your intake of caffeine, sugar, salt and alcohol.
- Eat plenty of foods high in complex carbohydrates and fiber.
- Consume no more than 30 percent of your total calories from fat.
- Drink eight glasses of water a day.
- Do not skip meals or use food as a reward.
- Pick a tobacco-free activity to be a sign of meal termination. Take a walk, brush your teeth, wash the dishes, take a shower, or design your own ritual to signal the end of eating.
- Allow yourself unlimited amounts of fresh raw vegetables. Have them peeled, sliced and easily visible in the fridge.
- Allow yourself moderate amounts of low-calorie snacks such as unbuttered popcorn, pretzels, bread sticks or rice cakes.
- Carry a supply of sugarless gum with you at all times.
- When you feel the urge to snack, try to engage in some other activity.
- Take healthy snacks with you when you are away from home.
- Go to bed earlier than usual as a way to avoid the temptation to snack.

Nutrition Goal	Check Off the Day You Met Your Goal							I Met My Weekly Goal!
	Su	M	T	W	Th	F	Sa	
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	