

How Are Smoking Cessation, Alcohol Use, and Weight Gain Related?

Do people gain weight when they quit smoking?

Research has found that when people quit smoking, some may gain a small amount of weight. The average weight gain is about 5-7 lbs.

Why do people gain weight after they quit smoking?

- **Eating**—food might taste better or people might substitute eating for smoking
- **Metabolism may decrease**—nicotine is a stimulant and speeds up the metabolism—when you quit, your metabolism may decrease because you aren't using nicotine. Using the nicotine patch and other nicotine replacement therapies can help in this regard.
- **Eat when bored**
- **Eat when stressed**

As part of this program, we will discuss ways you can reduce your alcohol use which, in turn, can help you reduce the number of calories you consume and minimize weight gain.

There are two important ways that your use of alcohol can affect your smoking cessation experience.



#1: BECAUSE ALCOHOL CONTAINS SUGAR IT ADDS CALORIES TO YOUR DIET

- One concern of some people who stop smoking is that they may gain weight.
- However, a person's weight gain can be minimized by restricting the number of calories consumed and exercising more.
- A quick and easy way to reduce your caloric intake is to reduce your alcohol use. Each drink you consume contains 100 or more calories.







#2: DRINKING ALCOHOL CAN SERVE AS A TRIGGER TO SMOKE CIGARETTES: BE VIGILANT!

- Smoking cigarettes and drinking alcohol may occur at the same time; consequently, drinking alcohol can unintentionally serve as a cue to smoke cigarettes.
- In other words, for some people, drinking situations can be high-risk for smoking relapse.
- Thus, plans for how to handle drinking situations may be an important part of your program for staying quit.

STANDARD DRINK EQUIVALENTS AND CALORIES:

Different alcoholic beverages differ in the amount of alcohol they contain.

The following chart shows you what amounts of different alcoholic beverages contain the **same amount of alcohol**.

1 drink =	
	1 - 12 oz can/bottle of 4% - 5% beer 
	1 - 5 oz glass of 12% table wine  1 - 12 oz wine cooler
	1 - mixed or straight drink with  1 ½ oz of hard liquor (e.g., rum, vodka, whiskey)

Caloric content of common alcoholic beverages

- Although a 12 oz beer and a 5 oz glass of table wine contain the same amount of alcohol, there are more calories in the beer than in the wine.
- Although alcohol does not contain fat, it is loaded with calories from the sugar it contains. Furthermore, when you add in mixers, juice, or other ingredients, the calories add up.

Beer

- A 12-ounce beer or nonalcoholic beer has about 150 calories. However, light beer, at about 100 calories, is a less fattening alternative.

Wine

- Sweet wines, such as port, sherry, and dessert wines, have sugar added to the fermentation and thus have a higher alcohol concentration — typically about 20% alcohol.
 - There are about 100 calories in every 5-ounce glass of red or white table wine or champagne.
 - There are about 225 –calories in a 5-ounce glass of sweet dessert wine.
 - **Calories Count:** If you drink 2 glasses of red wine before dinner, and a glass of dessert wine after dinner, you have added about 425 calories to your meal.

Hard Liquor

- All hard liquors – gin, rum, vodka or whiskey — contain the same amount of calories.
- However, mixers can add many additional calories to drinks.
- Here are some examples of the number of calories in common mixed drinks:
 - 2-oz Manhattan = 125 calories
 - 5-oz Blood Mary = 115 calories
 - 8-oz Gin and Tonic = 170 calories
 - 5 oz Pina Colada = 300 calories
 - 3-ounce whiskey sour = 125 calories

Alcohol and Weight Gain

- Calories in alcohol have no nutritional value and they also increase body fat.
- Because calories in alcohol are used before stored fat calories; people who are overweight will gain weight more easily when they drink alcohol.
- Calories from alcohol tend to be stored in the stomach.

Calories From Alcohol Add Up Quickly

- If you drink 2 beers (150 calories per beer) every day for a week, these 14 beers will add 2,100 calories to your weekly calorie count. This adds up to **15 pounds of body fat per year**.
- 2 glasses (100 calories per 5-ounce glass) of red wine every day will add about **10 pounds of body fat per year**.

Some Suggestions to Minimize Weight Gain:

- Avoid drinking alcohol with a regular pattern and do not drink every day.
- Minimize or avoid high fat, high calorie snacks (e.g., potato chips) as they often go hand in hand with alcohol use.
- Drinking for the effects or to get intoxicated is risky because over time a person needs to drink more alcohol to achieve the same effect.
- Make drinks last longer — limit your drinking to no more than 1 drink per hour.
- Alternate non-alcoholic drinks between alcoholic drinks.
- If drinking beer and wine, select those with lower alcohol content (e.g., light beer).
- Notice people, places, or times that may put you at risk for heavier alcohol use.
- Decide when, where and how much you will drink ahead of time. That is, stop and think before you drink. **Not drinking can be a good option.**

Weighing Every Day

Concerned about weight gain. One way to get feedback and intervene early on is to weigh frequently or daily.

Recommended Guidelines For Moderate Alcohol Use

The following guidelines are based on several large studies that suggest that if most people drink below these guidelines, they generally will not have problems or put themselves at risk of alcohol problems.

Males: *No more than 12 drinks per week, no more than 3 drinks in a day, and no more than 1 drink per hour.*

Females: *No more than 8 drinks per week, no more than 2 drinks in a day, and no more than 1 drink per hour.*

Healthy Snack Ideas

Snacking is a common alternative to smoking when people are trying to quit. Because snacking can lead to weight gain, choosing healthy snacks can help you minimize weight gain after you quit.

The following snacks contain about 100 calories:

- **1 large celery stalk with 1 Tbsp peanut butter**
- **20 baby carrots with 2 Tbsp fat-free ranch dressing**
- **1 cucumber with lemon juice and spicy seasoning**
- **1 small apple with 1 Tbsp peanut butter**
- **1 piece of beef jerky**
- **1 dill pickle (only about 25 calories)**
- **1 cup popcorn with 2 tsp parmesan cheese**
- **1 serving fat-free pretzels**
- **6 saltine crackers**
- **3 squares of a regular graham cracker**
- **3 vanilla wafers or 10 animal crackers**
- **1 oatmeal or peanut butter cookie**
- **Low fat granola bar**
- **1 oz box of raisins**
- **1 cup grapes**
- **¾ cup fruit cocktail in its own juice**
- **½ cup fat free pudding**
- **1 regular popsicle**
- **1 low calorie fudge bar**

Healthy Snack Ideas

SUGGESTIONS FOR MINIMIZING WEIGHT GAIN WHEN QUITTING SMOKING

- **Eat in One Place:** (e.g., at the kitchen table)
- **Do Not Clean Your Plate:** despite your mother's warning, kids won't go hungry if you don't clean your plate
- **Follow an Eating Schedule:** don't let yourself get overly hungry as you will more likely overeat
- **Slow Your Eating Rate:** put your fork down between bites
- **Shopping for Food:** shop on a full stomach; shop from a list; buy foods that require preparation
- **Storing Foods (out of sight, out of mouth):** hide the high-caloric foods (out of sight can help you reduce impulsive eating)
- **Keep Healthy Snacks Available**
- **Serving and Dispensing Food:** remove serving dishes from the table to prevent second helpings; leave the table after eating; serve and eat one portion at a time; wait 5 minutes and re-evaluate your hunger before getting seconds
- **Eating Away from Home:** order a la carte meals; order salad dressing on the side and dip your fork before spearing the lettuce; watch for hidden calories; avoid large servings; limit alcohol intake; beware of the breadbasket; be wise with dessert

What is a pedometer? (OPTIONAL)

- A pedometer is a device that attaches to your waistband and records each step you take.
- A pedometer is a great way to keep track of your daily physical activity.
- Many health professionals recommend a goal of taking 10,000 steps per day. Research shows that most inactive people take only 3,000-5,000 steps per day. When inactive people add a 30-minute walk to their daily routine, they tend to meet the 10,000 step goal.

Getting started using your pedometer

- The pedometer may be worn on your belt or waistband of your slacks or skirt.
- Make sure the pedometer is parallel to the ground (straight up and down). If it is tilted, it may not give you correct readings.
- Put your pedometer on when you first get up in the morning and wear it all day long.
- At the end of each day, record the number of steps you take.
- Track your progress and try to increase your steps gradually each day.

Increasing your daily steps

- Park in the far back of the parking lot and walk further to the door.
- Use the furthest entrance into your workplace from your parking spot, and walk through the building to your work area.
- Use the restroom, copy machine, water fountain, break room, etc. that is further from your work area.
- Take the stairs rather than the elevator, especially for one to three floors, both up and down.
- When making a phone call, stand up and pace around as you talk.
- During TV commercials, get up and walk around the house.
- When doing errands, park in a central location and walk to your store destinations.
- Return the shopping cart all the way into the store after grocery shopping.
- Never drive through - get out and park and walk into the bank or fast food stop instead. Every 30 minutes get up from your desk or easy chair and do 1-5 minutes of walking in place and stretching your arms, shoulders and neck.
- Before eating lunch, take a 10 minute walking break.
- Walk the dog.
- Look over your usual trips in the car - are there any that you could do as walks instead, such as to the post office?
- If you take your kids to sports or activities, dedicate 10-20 minutes of that time to walking around after dropping them off or when you arrive early to pick them up.
- Make a family habit of taking a 10-20 minute walk after dinner together, or first thing in the morning.

Exercise #3B: Personalized Feedback Exercise on Smoking Cessation, Drinking Alcohol, And Weight Gain

Please answer the following questions regarding your alcohol use **in the past year**.

Question 1: On average how many days per week did you drink alcohol? _____ **days per week**

Question 2: When you did drink, **on average**, how many standard drinks did you consume per day? _____ **drinks**

Question 3: To determine how many drinks you consumed on average per week **during the past year**, multiply your answers to **Questions 1 x 2** and write your answer here:
_____ **drinks per week**

Question 4: When I drink, the type of alcoholic beverage I **usually or most often** drink is _____.

This beverage contains approximately _____ calories per drink (**see Alcohol Calorie Table**)

Question 5: Multiply the number of drinks per week in **Question 3** times the number of calories in your usual beverage from **Question 4**

$$\begin{array}{c} \text{_____} \\ \text{Answer to} \\ \text{Question 3} \end{array} \times \begin{array}{c} \text{_____} \\ \text{\# of Calories} \\ \text{from Question 4} \end{array} = \begin{array}{c} \text{_____} \\ \text{Question 5} \end{array}$$

Question 6: Take the answer from Question 5 and multiple this by 52 (number of weeks in a year)

$$\begin{array}{c} \text{_____} \\ \text{Answer to} \\ \text{Question 5} \end{array} \times 52 = \begin{array}{c} \text{_____} \\ \text{Number of Calories Per Year (Question 6)} \end{array}$$

Question 7: There are 3,500 calories in a pound. Divide the number of additional calories per year by 3,500 to determine your potential pounds added in one year from alcohol consumption.

$$\begin{array}{c} \text{_____} \\ \text{Answer to} \\ \text{Question 6} \end{array} \div 3,500 = \begin{array}{c} \text{_____} \\ \text{Extra Pounds From Calories From Alcohol} \end{array}$$

Finally, if I drink the same amount of alcohol I drank in the past year, I could potentially gain _____ pounds in the next year.