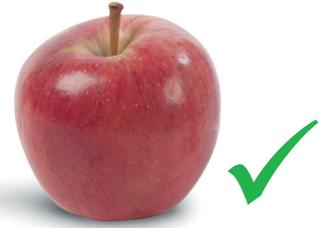


HEALTHY EATING AND QUITTING SMOKING



Managing your weight

Regular exercise and a healthy diet are the best ways to control your weight and improve your fitness.

If you find yourself replacing smokes with sweets, cakes, biscuits and drinks, use this guide to help you eat healthy snacks.

Regular snacking is fine if you choose the right foods and you are physically active.

Snack ideas

- ▲ Crackers (grainy is best) with Vegemite, peanut butter or hommus



- ▲ Fruit (fresh or tinned without the juice/syrup)



- ▲ Dried fruit such as dates, prunes or apricots*



- ▲ Handful of mixed nuts, cashew nuts or peanuts*



- ▲ Baked beans



- ▲ Small serve of muesli or wheat biscuits with milk*



- ▲ Yoghurt (unsweetened is best)



- ▲ Glass of milk (low fat is best)



- ▲ Tin of tuna



*watch your portion size

Anytime drinks

- ▲ Water
- ▲ Tea or coffee (no sugar and lower caffeine is best)



To cut back on fat and sugar

- ▲ Cut down on biscuits, cakes, sweets, chips and soft drinks
- ▲ Trim visible fat from meat
- ▲ Choose grilled or steamed food over fried food
- ▲ Cut down on butter, margarine, dressings, sauces, gravies



continues over page

HEALTHY EATING AND QUITTING SMOKING

Try the quitter's quota

Breakfast

Snack in between

Lunch

2 snacks in between

Dinner

Snack for supper

If you are looking for extra support to help you stop smoking and manage your weight, try one of the options below:

▲ **Quitline 13 7848:**

The Quitline is a confidential telephone information and advice service. For the usual cost of a call from your phone, Quit Specialists provide encouragement and support to help smokers quit.

▲ **Go online: www.quit.org.au**

Quit Victoria's website has a range of information that you can read, interact with and download. Find out more about the Quitline, QuitCoach and QuitTxt.

▲ **QuitCoach: www.quitcoach.org.au**

The QuitCoach is a web-based computer program that asks you questions and helps you quit by giving free personal advice tailored to your needs.

▲ **SMS: QuitTxt**

QuitTxt provides regular SMS messages including tips and encouragement to help you keep on track throughout your quit attempt. To begin, all you need to do is register and complete a brief questionnaire at www.quit.org.au/quittxt.

Quitline 13 7848