

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.

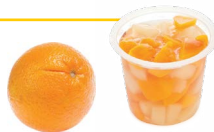
Regular snacking is fine if you choose the right foods.

Snack ideas

- ▲ Crackers (grainy is best) with Vegemite, peanut butter or low-fat cheese



- ▲ Fruit (fresh or tinned in juice)



- ▲ Plain popcorn



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



- ▲ Reduced-salt baked beans



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



- ▲ Plain or natural yoghurt



- ▲ Glass of milk (low-fat is best)



- ▲ Tin of tuna



*watch your portion size



Anytime drinks

- ▲ Water



- ▲ Tea (no sugar is best)



To cut back on fat and sugar

- ▲ Cut down on biscuits, cakes, sweets and chips



- ▲ Avoid sugary drinks



- ▲ Choose grilled or steamed food over fried food



- ▲ Cut down on butter, margarine, dressings, sauces and gravies



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Partner:



Government of Western Australia
Department of Health



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TRY THE QUITTER'S QUOTA

Breakfast

Snack in between

Lunch

Two snacks in between

Dinner

Snack for supper

Getting the right advice and support can help you quit for good. There are many support services that exist to help you quit.

- ▲ **Download** free apps *My QuitBuddy* and *Quit for You - Quit for Two*.
- ▲ **Register** for online support with www.quitcoach.org.au.
- ▲ **Speak** to your doctor, local Aboriginal Medical Service or pharmacist about ways you can quit.
- ▲ **Call** the Quitline 13 78 48 to speak to a trained counsellor (Aboriginal counsellors are available on request).
- ▲ **Visit** makesmokinghistory.org.au to request a Quit Kit or more information.

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