

## Healthy eating & quitting smoking



### 1 snack = 2 nibbles



#### Snack suggestions

##### Up to 4 per day:

- Crispbread with topping such as low-fat cheese, peanut butter and celery strips
- Half a toasted muffin with a scraping of honey
- 1 wholemeal crispbread, such as a Salada, and vegemite or low-kilojoule jam
- 1 cup of fresh fruit salad
- 1 serve of fresh fruit – 1 apple, 1 orange
- 100-150g of low-fat, fruit flavoured yoghurt
- 1 small can of baked beans
- 1 scoop of low-fat ice-cream and 1 tablespoon of berries
- 1 tablespoon of low-fat cheese with 1 tablespoon of dried fruit
- 1 slice of low-fat cheese wrapped around a celery stick

#### Nibble suggestions

##### Up to 8 per day – instead of snacks:

- 1 crispbread with sliced tomato
- 2 rice cakes
- 8 rice crackers
- 10 pretzels
- 6 almonds
- 1 small nectarine
- 10 grapes
- Half cup of unsweetened canned fruit
- 3 dried apricot halves
- 1 tablespoon of sultanas
- 1 large carrot

## Managing your weight

Regular exercise and a healthy diet is the best way to control your weight and improve your overall fitness.

Now that you're quit, are you finding yourself replacing cigarettes with sweets, cakes, biscuits and soft drinks? If you are, use this guide to help you eat healthy snacks.

Regular snacking doesn't have to be unhealthy, if you choose the right foods.

### Try the Quitter's Quota

Breakfast

Snack in between

Lunch

2 snacks in between

Dinner

Snack for supper



### Anytime suggestions

- Water
- Mineral or soda water
- Raw vegetable strips (such as celery, carrot, capsicum)
- Sugarless chewing gum



### Hints to reduce fat and sugar intake

- Cut down on alcohol, biscuits, cakes, sweets, chips, soft drinks
- Trim visible fat from meat
- Grill or steam food instead of frying
- Cut down on butter, margarine, dressings, sauces, gravies

There is help close by

**Quitline 13 7848**

### What is Quitline?

The Quitline is a confidential telephone information and advice service. For the cost of a local call (except for mobile phones), Quit specialists provide encouragement and support to help smokers quit.

### Go online: [www.quit.org.au](http://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](http://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.

### 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](http://www.quit.org.au/quittxt).

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