

Healthy eating when quitting smoking and vaping

Eating delicious healthy food helps us go about our day with ease and energy.

If you find yourself replacing cigarettes or vapes with sweets, biscuits and sugary drinks, use this guide to help you eat healthy snacks. Having a few snacks throughout the day is fine if you choose the right foods and you exercise regularly.



Snack ideas

- Crackers (grainy is best) with Vegemite, peanut butter or hommus
 - Fruit (fresh or tinned without the juice/syrup)
 - One or two pieces of 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 portion size

Anytime drinks

- Water
- Herbal or ginger tea

Tips to cut back on fat and sugar

- Cut down on processed foods high in sugar, fat and salt, such as biscuits, cakes, sweets, chips and sugary drinks
- Trim visible fat from meat
- Choose grilled or steamed food over fried food
- Cut down on butter, margarine, dressings, sauces, gravies



Try this
Breakfast
Snack
Lunch
2 snacks
Dinner
Snack

You don't have to quit alone! There are many supports ready to help you while you stop smoking or vaping.

Quitline 13 7848

Quitline counsellors can help you break free from smoking or vaping. They can help build your motivation and skills and create a step-by-step plan. Quitline is free and confidential. They can also support you if you are using vapes to stop smoking. To contact Quitline:

- Call **13 7848**
- Ask Quitline to **call you back** for **free** at quit.org.au/callback



There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Visit quit.org.au/quitline

Visit quit.org.au

Make your own plan to quit smoking or vaping with easy-to-find information suited to you. No matter how many times you've tried to quit, quit.org.au has tools and resources to help.

Check out the My QuitBuddy app

[My QuitBuddy](#) is a motivational app that helps you break free from smoking and vaping. It provides helpful tips and distractions to overcome your cravings, and systems to track your progress. My QuitBuddy gives you the facts you need to understand the impacts smoking and vaping have on your health.

Chat with your doctor or pharmacist

Your doctor or pharmacist can help you decide if you want to use prescribed tablets or nicotine patches with nicotine lozenges, mouth spray or gum to help you stop smoking. Some of these medications are cheaper with a script from your doctor.

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