

Tobacco Use, Nutrition & Weight

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

Is tobacco use connected to vitamin/mineral deficiencies?

Smoking makes it harder for your body to absorb different vitamins and minerals that are important for your health.

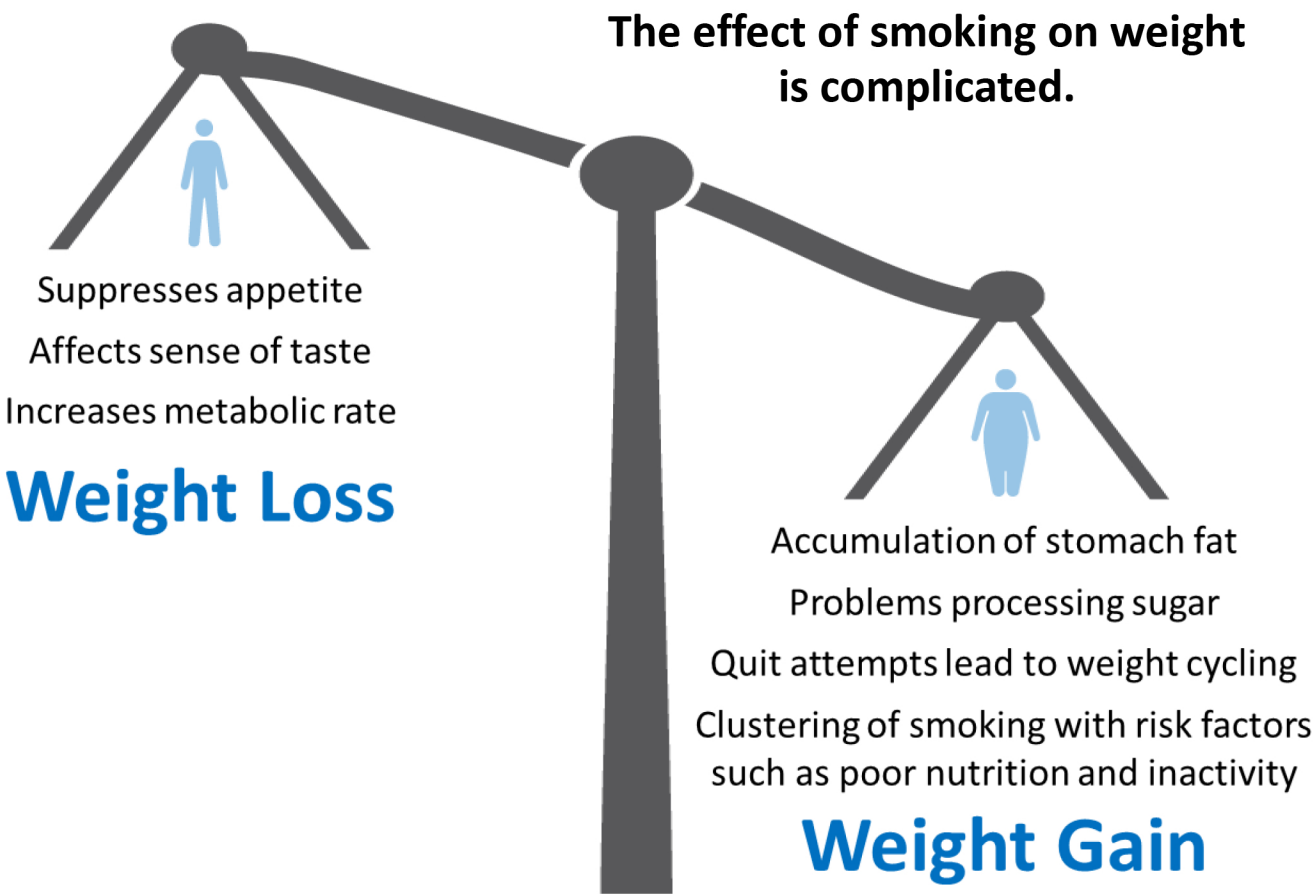
Calcium	Bones, muscles, nerves
Vitamin A	Bones, skin, connective tissue
Vitamin C	Muscles, immune system
Vitamin D	Antioxidant
Vitamin E	Eyes, skin, lungs, intestine, urinary tract
Selenium	Reproduction, protection against infection and oxidative damage



Canada's Food Guide is a good tool for helping you:

- Find out how much food you need
- Choose which types of food are better for you

Does using tobacco help control weight?



Smoking may lead to weight gain that offsets its “slimming effect”. People who smoke heavily often weigh more than those who smoke less.

Will I gain weight if I quit using tobacco?

After quitting tobacco, the body must adjust to a drop in nicotine levels. This might include an increased appetite and cravings for comfort food, which can lead to weight gain.

HOWEVER, as smoking also contributes to fat accumulation, it isn't an efficient way of controlling weight or preventing obesity.

You can avoid gaining weight by using the following strategies:

- | | |
|------------------------|---------------------------------------|
| ① Avoid skipping meals | ⑤ Engage in physical activity |
| ② Listen to your body | ⑥ Meditate |
| ③ Eat healthy snacks | ⑦ Keep tempting food out of the house |
| ④ Chew sugar-free gum | ⑧ Take part in an activity or hobby |

Did you know?

Women often expect to gain **double** the amount of weight gained on average.

How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- [Smoker's Helpline](https://www.18775135333.ca) (1 877 513-5333)
- [Tobacco Atlas](https://tobaccoatlas.org) (tobaccoatlas.org)
- [Canada's Food Guide](https://healthycanadians.gc.ca) (healthycanadians.gc.ca)
- [Heart&Stroke Healthy Weight Action Plan](https://heartandstroke.on.ca) (heartandstroke.on.ca)