

You Will Gain Weight When You Stop Smoking

Contributed by Skinny Myths Team

SKINNY MYTH: "You always gain weight when you stop smoking."

Myth.

Smoking cessation is one of the best things to do for your health!

Not everyone gains weight after giving up cigarettes, but some do. This weight gain is due to a number of things: slower metabolism (nicotine slightly increases metabolism), improved smell and taste sensation, and substituting snacks for cigarettes.

By making dietary and lifestyle changes, you can quit smoking and not gain weight. And if you have already put on some pounds after giving up cigarettes, a balanced, nutritional weight loss program can help. I know which one I'D choose.

Source Reference:

- <http://www.mayoclinic.com/health/quit-smoking/AN01437>

- <http://win.niddk.nih.gov/publications/smoking.htm>