

Consuming Thoughts

by

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Contrary to popular belief giving up smoking doesn't always mean that you'll gain weight. Unfortunately, however, many Americans hesitate to give up smoking because they're afraid they'll gain weight.

Although weight gain is common during smoking cessation, it isn't inevitable and need not be permanent. The important thing to remember is that quitting smoking can save your life. Of the approximately 390,000 deaths each year attributed to cigarette smoking, 36 percent can be linked to heart and blood vessel diseases.

When a smoker kicks the habit, regardless of how long or how much he or she has smoked, the risk of heart disease declines rapidly according to the American Health Association. In fact, in as little as 109 years after quitting smoking, the risk of death from heart disease for people who have smoked a pack a day or less is almost the same as it is for the people who have never smoked.

When you stop smoking, don't be discouraged if you do gain a few pounds. Giving up smoking is

much healthier than gaining a little weight. While excess weight is a risk factor for heart disease, you'd have to gain more than 75 pounds to offset the health benefits a normal smoker gains by quitting.

Smokers who quit tend to gain weight because they replace smoking with food, but this weight gain can be minimized or avoided by following a few easy tips:

- Plan to start a diet program when you are preparing to quit.

- Weigh yourself daily. If you see the pounds going on, pay close attention to your eating habits and identify the times, places and situations that are influencing you to eat more.

- Plan meals carefully and count calories.

- During meals try not to eat a second helping. Put your fork down between bites and sip ice water frequently.

- If you're eating with others, set a goal to be the last one to finish. Don't linger around the table. Get up immediately when you are through.

- Brush your teeth or eat artificially sweetened mint immediately after dinner. Brushing your teeth between meals can help curb your desire for unnecessary snacks.

- Substitute sugarless gum or artificially sweetened mints at times that you would normally have smoked.

- Control your environment—keep stored food out of sight. Remove food from living areas. Keep a variety of raw vegetables and fruits ready for snacking. They are low in calories and offer the same crunchy satisfaction as many "junk foods."

- Delay snacking. When you crave a snack, wait a predetermined time (a few minutes at first) before snacking. Progressively increase the length of time before each snack.

- Portion your snacks. Never

take more than one serving at a time.

- To minimize temptations, avoid situations like coffee breaks at vending machines and happy hours that serve food. Take a

walk, exercise, or read until you can control your cravings. Choose a spot or activity you can take part in instead of watching.

Give up smoking isn't easy. But it could be the smartest thing you'll ever do.



Lancaster Society 8

Lancaster Society of Farm Women No. 8 met on December 14 at the home of Vernetta Wallander in Maytown. Alice Walter had devotions. Hostesses were Cathy Brown, Vera Fry and Vernetta Wallander. Members had a

cookie exchange. Vera Albert was guest speaker who showed slides of past events in Mount Joy dating back to 1900. There is no meeting in January. The February 8 meeting will be held at the Trinity Lutheran Church in Mount Joy at 1:30 p.m.

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