

Week 5: Nutrition:

Reflection: What changes have you noticed since you quit smoking? List any side effects or benefits and talk about them with your practitioner:

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Nicotine, hunger, metabolism, and food:

Nicotine, which is found in cigarettes, can make you feel less hungry. But this might mean you don't eat the right foods your body needs to stay healthy and strong. When people don't eat properly, they might choose foods that are high in calories, salt, fats, or sugar. This can make you feel tired and sometimes cause your body to lack important nutrients.

When you smoke, your body burns calories faster. If you stop smoking, your body's metabolism slows down, which can make you feel hungrier than before. This often leads to gaining weight because you might eat more to feel full.

It's really important to eat a healthy diet, especially if you stop smoking. Try to eat lots of fruits and vegetables, whole grains like brown rice or whole wheat bread, and proteins that are good for you like chicken or fish. This helps your body get the right nutrients and can make you feel better overall. Citric fruits such as oranges can help with cravings.



Constipation:

This is completely normal! It can occur as nicotine can impact the rate of faecal movement through the intestinal tract. When we stop smoking or withdraw from it can result in difficulty with bowel movements. To help with this drinking at least the recommended amount of water a day which is 6-8 glass or two litres and eating a healthy balanced diet with food containing fibre will help – but make sure to increase the fibre intake slowly.



Weekly Change Diary:

Day	Daily Reflection	Side Effects	Changes Noticed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Update:

Did you attend the session/appointment this week? If not, why?	
Did you have any cigarettes this week?	
If Yes, was this planned?	
If Yes, how many?	