Handout: Substitutes for Smoking

During the early stages of quitting, it is especially important to identify “substitutes” for smoking – things people can do other than smoke.

Bringing conscious awareness to your choice can help you to make a healthy, well-balanced choice. Practice mindful eating tips when using your substitutes.

Some examples include:

- Drink a lot of water or other liquids. Try orange juice or a low-calorie non-alcoholic beverage. Limit coffee and alcohol- they can increase your craving to smoke.

- Chew a stick of sugarless gum, a toothpick, a straw, or a cinnamon stick.
- Snack on low-calorie foods like carrots, celery sticks, or any fresh vegetable or fruit. Abstain from sugar and fatty foods (including most chips, pastries).

- Brush your teeth.
- Suck on a sugar-free hard candy or peppermint.
- Keep your hands busy with a pencil, paper clip, key holder, or coins.