

Handout: Substitutes for Smoking

During the early stages of quitting, it is especially important to identify “substitute” 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 a 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.

Try out some substitutes. What works for you? Listen to your body. Bring mindfulness to the selection of a substitute.