

MEALS AND COFFEE

Smoking after meals is hard to resist for many people. Many also find that drinking coffee—with or without a meal—makes them think about smoking a cigarette. Here are some tips to help you beat temptation by temporarily changing your eating and drinking habits.

Once you have successfully quit smoking, you will be able to resume your old habits if you like—but many people find that they continue using some of the tips here because they enjoy them.



- In restaurants, always sit in the non-smoking section.
- Don't linger at the table after a meal. Get up immediately and, if you can, brush your teeth.
- If you're using Nicorette gum, have a piece ready for after a meal.
- Carry a small tube of toothpaste and a toothbrush with you at all times so you can brush at restaurants. If brushing is not possible, have a mint or gargle with mouthwash.
- Take a short walk when you are done eating.
- If you're eating alone, keep your mind busy by reading.
- Tell yourself, "I am strong enough to get through this meal without smoking!" and repeat as needed.
- Change your brand of coffee or drink a flavored coffee for a few weeks.
- Try drinking tea instead of coffee.

Ask your pharmacist for any or all of these other specialized handouts for new non-smokers: Stress Management, Weight Management, Withdrawal Symptoms, Routines, Alcohol and Socializing, Being Around Smokers.