



Session Plan

Aim:

Maintain a healthy quit attempt

Smoking Cessation Specialist Role:

- Invite feedback on client progress
- Reinforce the 'not a puff' rule
- Elicit benefits gained post quit
- Address aspects of a healthy diet when quitting smoking

By the end of this session clients will:

- Feel confident to maintain quit attempt
- Reflect on personal eating habits
- Complete 'My plan to quit smoking without gaining weight'

Client Handouts:

- **Use the Food Pyramid to plan your healthy food choices**
- **My plan to quit smoking without putting on weight**
- **Session Feedback**

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt

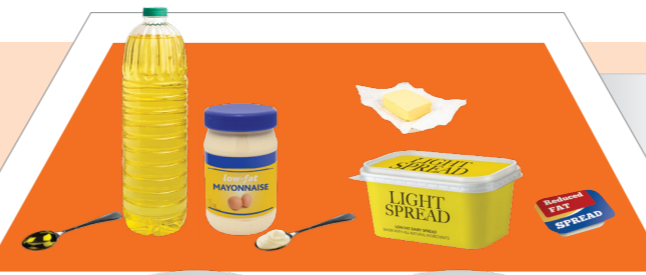


NOT every day



Maximum once or twice a week

Fats, spreads and oils



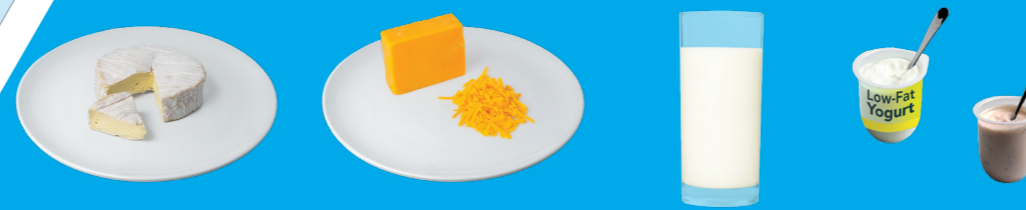
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

Needed for good health. Enjoy a variety every day.

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 cups of fluid a day – water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



My plan to quit smoking without putting on weight

Fill in what you eat and drink during the day.
How does it compare with the Food Pyramid?

Breakfast	
Mid-morning	
Lunch	
Mid-afternoon	
Dinner	
Late Evening	

Are you replacing your cigarettes with food?

Are you snacking in between meals?

One change I will make in my eating habits:



Session Feedback

Mark where you are on the sheet.

