



Nutrition and Smoking

Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

Effects of smoking on your body and nutrition include:

- You may not be able to taste flavours or smell as much, which can impact the foods you eat.
- Your appetite may be reduced, however people who smoke often choose more processed foods and less fruits and vegetables. This can lead to overall poorer health and higher risk of chronic disease and obesity.
- Changes to how your body uses certain vitamins and minerals, including calcium, vitamin C and D. It is best to increase your vitamins and minerals by eating more whole, unprocessed foods like fruits and vegetables rather than buying supplements.
- When your body is low in some vitamins and minerals it can impact your overall body systems. For example, people who smoke may have lower vitamin D and calcium, which puts them at a higher risk of bone diseases like osteoporosis.

For more information on Canada's food guide visit food-guide.canada.ca or talk to your health care team or registered dietitian.

For more information visit tobacowise.com

If you want to quit or reduce your commercial tobacco use and make healthy food choices, some of the following tips can help you be more successful:

- Take the time you would have used to have a cigarette to prepare a healthy snack or meal.
- Drink lots of water and avoid sweet drinks.
- Aim for a well-balanced diet, which can help with mood and are great for our body .
- Have nutritious foods available, which makes it easier to make healthy eating choices.



It is never too late to quit!



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