



# HOW TO QUIT CHEWING TOBACCO

## PREPARING TO GIVE UP CHEWING TOBACCO

- 1 Cut Back on Chewing
- 2 Stock the pantry
- 3 Decide on a Quit Date
- 4 Talk to Your Doctor



## GETTING THROUGH THE FIRST WEEK

- 1 Monitor Cravings
- 2 Manage Withdrawal
- 3 Eat More Fiber



## SURVIVING THE SECOND WEEK AND BEYOND

- 1 Avoid Your Triggers
- 2 Adopt a Healthier Habit