I. INTRODUCTION
The literature indicates a strong relationship between smoking habits and food choices. (Chatkin et al, 2007).

II. AIM
Study the relationship between smoking habits with appetite, consumption of coffee, alcohol, energy and macronutrient.

IV. RESULTS
A sample of 129 employees fill the questionnaire, but only 20 completed the food recall (Table I). It was found a relation between Smoke habits and Appetite, Coffee and Alcohol Consumption (Graphic I); but the same is not true for energy and macronutrients consumption (Graphic II and III).

Table I: Samples characteristics

<table>
<thead>
<tr>
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<th>n=129</th>
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<th>n=20</th>
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<tbody>
<tr>
<td>Age</td>
<td>41±9</td>
<td>Age</td>
<td>39±10</td>
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<tr>
<td>11% Smokers</td>
<td></td>
<td>20% Smokers</td>
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<tr>
<td>75% Non-Smokers</td>
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<td>60% Non-Smokers</td>
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<tr>
<td>14% Ex-Smokers</td>
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<td>20% Ex-Smokers</td>
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III. METODOLOGY
It is a cross-sectional study with employees of an institution in Bragança (Portugal) in two steps:
1. It was sent a questionnaire, by institutional email, about their lifestyles;
2. The respondents were invited to fill a three days food recall, using photography to estimate the portion size.

The employees lifestyles were divided between Smokers/Non-smokers/Ex-smokers; High/Medium/Low Appetite; One or more times a day/Less than once per day Coffee drinks; One or more times a week/Less than once per week Alcohol consumption. It was estimated energy consumption in kcal and macronutrients in percentage of energy.

The data were analyzed using SPSS through Kruskal-Wallis and Mann-Whitney and Fisher’s Exact Tests.

Graph I: Relation between Smoke habits and Appetite, Coffee and Alcohol consumption

Graphic II: Energy intake by smoke habits

Graphic III: Macronutrients intake by smoke habits

V. CONCLUSÃO
It was found a weak association between coffee and alcohol consumption and smoking habits. Also, ex-smokers have increased appetite. However, these increase don’t reflected in a caloric increase, because the energy intake and macronutrient distribution were not related to the smoking habits.