

Commercial Tobacco Fact Sheet



What is Commercial Tobacco ?

Commercial Tobacco is not Traditional Tobacco. There are many forms of commercial tobacco products sold in Canada, including:

- *Cigarettes*
- *Spit tobacco*
- *Cigarillos*
- *Snus*

CIGARETTES

- Are the most common commercial tobacco product
- Are much more than tobacco rolled in paper
- Have over 4,000 chemicals in a single puff of smoke and at least 69 of them are known to cause cancer



SPIT TOBACCO

*also known as
Smokeless Tobacco*



- Chew**
 - A leafy form of tobacco sold in pouches
 - Is kept between the cheek and gums for several hours at a time
- Plug**
 - Chew tobacco that has been pressed into a hard block
 - Is placed between the cheek and gum.
- Snuff**
 - Ground-up moist tobacco sold in cans
 - Placed between the bottom lip and gum
 - Also known as 'dipping'

CIGARILLOS

- Similar to a cigar, but is the size of a cigarette
- Comes in a variety of flavours

SNUS

- Comes in a small pouch, similar to a teabag
- Placed under the upper lip for extended periods of time



Adapted from the Play, Live, Be Tobacco Free resources at www.playlivebetobaccofree.ca and the British Columbia Ministry of Health. (2005). *The Harmful Effects of Tobacco Products: Not a Safe Option to Cigarettes*. Tobacco Prevention Series.