

Smokeless Tobacco Products

Smokeless tobacco, sometimes referred to as “spit” or “chewing” tobacco, is a type of tobacco product that is placed inside the mouth (referred to as a “wad”). This gives the user a continuous high from the nicotine. It is produced in many different forms with a variety of brands, and even different flavors to choose from.

Unfortunately smokeless tobacco use is growing as secondhand smoke in public is becoming socially unacceptable and illegal in some areas. New products that do not require the user to spit, and deceptive media campaigns have increased its appeal.

Types of Smokeless Tobacco¹

- **Oral (moist) snuff** also known as “dip” is a finely cut, processed tobacco, which the user places between the cheek and gum.
- **Loose-leaf** chewing tobacco is stripped and processed cigar-type tobacco leaves that are loosely packed to form small strips. It is often sold in a foil-lined pouch and usually treated with sugar or licorice.
- **Plug** chewing tobacco consists of small, oblong blocks of semi-soft chewing tobacco that often contain sweeteners and other flavoring agents.
- **Nasal snuff** is a fine tobacco powder that is sniffed into the nostrils. Flavorings may be added during fermentation, and perfumes may be added after grinding.
- **Snus** is popular in Sweden, but relatively new in the U.S. It is a small pouch of tobacco placed between the lip and gum that is both dry and “spit-free.”

For More Information

For more information go to our website: <http://www.tobaccofreeutah.org/spittob.htm>

Developed by the Utah Tobacco Prevention and Control Program, Utah Department of Health. December 2007.

¹ Campaign for Tobacco Free Kids. “Smokeless Tobacco & Kids.” 3 October 2007.
<<http://www.tobaccofreekids.org/research/factsheets/pdf/0003.pdf>>