

Beedies

Exotic Flavored Cigarettes

(also called Bidis, Beedis, Beades)

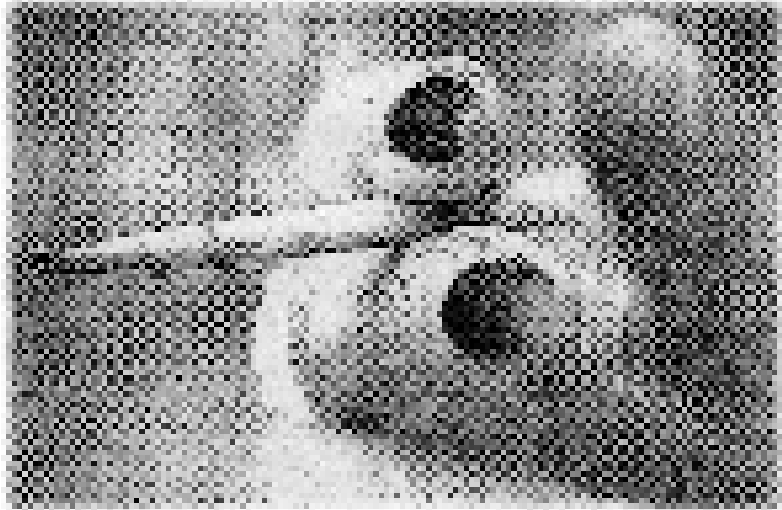
An imported, flavored tobacco product more harmful than a U.S. cigarette.

What is a Beedi?

A beedi is a greenish-brown leaf that is filled with tobacco, hand-rolled with tapered ends, then tied with a small colorful thread.

They come in popular flavors such as vanilla, chocolate, strawberry, mango, and cinnamon.

They are imported from India in colorful packages.



The Dangers of Beedies

- A mistaken belief is that it is a natural, herbal, non-tobacco alternative.
- This dangerous product is popular with youth as a new, trendy, dessert-like substance.
- They release at least two to three times more nicotine than a U.S. cigarette, inducing a 'buzz.'
- They have more than twice the level of tar, a cancer-causing agent, than a filtered U.S. cigarette.
- As with all tobacco products, beedies causes serious harmful health effects.

Another popular foreign cigarette is Kretek, an Indonesian cigarette that contains a mixture of tobacco and cloves. Brand names include Gudam Garam, Terong, Krakatoa, Kuta, and Bima.

For more information about preventing tobacco use, contact
NH Department of Health and Human Services
Tobacco Prevention Program
800-852-3345, ext. 6891



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Education, NH Department of Health & Human Services, NH Pediatric Society, and NH Safe Kids Coalition