

# GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



## Five Nutrition Myths Debunked

If you're trying to eat healthier, you've probably scoured the internet for tips. The problem is, there are so many nutrition myths out there. At best, they'll tell you to restrict foods unnecessarily; at worst, they'll recommend diets that are straight-up unhealthy. Here are some top nutrition myths to be wary of and what to do instead.

### 1. Myth: Carbs lead to weight gain.

Fact: Carbs are our body's main source of energy, and they're found in nutritious foods like fruits, vegetables, whole grains and legumes. In fact, the Dietary Guidelines for Americans recommend getting 45% to 65% of your daily calories from carbs. But that doesn't mean you should chow down on pretzels and candy. The Dietary Guidelines for Americans recommend eating at least five half-cup servings of fruits and vegetables each day, and choosing whole grains over processed carbs.

### 2. Myth: We all need more protein.

Fact: The vast majority of Americans get plenty of protein. According to the World Health Organization, most adults need 0.8 grams of protein per kilogram of body weight each day. For a 150-pound person, that's 55 grams, about one large (seven-ounce) chicken breast. Adults 65 and older need a bit more, between 1.0 and 1.2 grams per kilogram, according to a 2018 review study published in *Nutrients*. For a 150-pound person, that's 68 to 82 grams per day. Keep in mind that meat isn't the only protein source out there. One cup of chickpeas contains 14.5 grams, one half-cup of oats contains 5 grams, and one ounce of peanuts contains 7 grams. Because protein is found in most of the foods we eat, the average American eats more than enough: 90-100 grams per day.

### 3. Myth: Breakfast is the most important meal of the day.

Fact: Breakfast doesn't offer magic health benefits. A 2019 review study published in *The BMJ* found that breakfast eaters ate 260 more calories per day than breakfast skippers, and that there was no significant weight difference between the two groups. Similarly, the Scientific Report of the 2020 Dietary Guidelines Advisory Committee found that people who ate three meals a day

were no healthier than those who ate two meals. Bottom line? A healthy breakfast can jump-start your day, but it's fine to skip it if you're not hungry.

### 4. Myth: Gluten-free is best.

Fact: Gluten-free diets are less healthy when they're not medically necessary. According to the Celiac Disease Foundation, roughly 1.4% of the world population has celiac disease, in which eating gluten causes severe intestinal damage. For these people, a strict gluten-free diet is essential. There's also limited evidence that 0.5% to 6% of people have gluten sensitivity, in which eating gluten causes discomfort, according to a 2012 review in *BMC Medicine*.

However, people without celiac disease or gluten sensitivity get no benefit from a gluten-free diet. According to *Harvard Health*, gluten-free diets often lack folate, a B vitamin that protects against birth defects. Gluten-free diets can also be lower in fiber, a nutrient that can reduce chronic disease risk and promote weight maintenance. Unless your doctor tells you to avoid gluten for medical reasons, it's best not to go gluten-free.

### 5. Myth: High-cholesterol foods are bad.

Fact: Dietary cholesterol doesn't lead to high cholesterol. Experts once believed that dietary cholesterol (in eggs, shellfish and high-fat meat and dairy) raised harmful low-density lipoprotein (LDL) cholesterol and increased heart disease risk, but no longer. In 2015, the Dietary Guidelines for Americans removed the recommendation to limit dietary cholesterol. Instead, the guidelines recommend limiting saturated fat to less than 10% of your total calories. A 2018 review study in *Nutrients* found that excess saturated fat, not cholesterol, causes increased heart disease risk. Some high-cholesterol foods, such as high-fat meat, dairy and deep-fried fast food, are also high in saturated fat, so it's a good idea to limit those. But other high-cholesterol foods, like eggs and shellfish, are relatively low in saturated fat and packed with other important nutrients, so they're a great addition to your healthy diet.

## Health & Fitness Three Ways to Combat the Winter Blues

Winter doldrums getting you down? You're not alone. An estimated 10% to 20% of Americans experience mild seasonal affective disorder (SAD). You might experience fatigue or irritability, avoid social situations or just feel a general sadness. But you can banish those blues with a few simple steps.

### Let there be light.

One of the causes of SAD is decreased exposure to sunlight during the winter. That's where a "light box" can come in. Many people find that sitting in front of this bright light for 20 minutes to an hour can revive their spirits. Try it first thing in the morning as you eat breakfast and read the daily news.

### Get moving.

Heading outside for a little daylight and fresh air is a fantastic antidote to SAD, but you can benefit from exercise even if you're stuck indoors. That's because exercise releases endorphins, sometimes called "feel-good" chemicals. Aim for 30 to 60 minutes a day of whatever exercise you enjoy the most.

### Prioritize positivity.

If you are feeling down, it's important to find activities that lift you up. Exercise can help, but you also might feel better after calling a friend, reading, doing yoga or listening to a meditation app. All of these activities can help improve your emotional well-being, which will make it easier to tend to the tasks of daily living and find joy in every day.

If you're suffering from more than just the mild "blues," be sure to visit your healthcare provider to discuss whether medication or treatment could help.



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**Prep Time**  
15 minutes

**Cook Time**  
45 minutes

**Total Time**  
1 hour

**Serves**  
6-8

### January Recipe

## Sweet Potato and Carrot Soup with Crispy Herb Chickpea "Croutons"

This vegetable-packed soup is dairy-free but gets plenty of richness from a can of coconut milk. Eat it for dinner alongside some crusty bread or serve it up as an appetizer at your next fall feast.

#### Ingredients

- 2 pounds carrots
- 1 pound sweet potatoes
- 3 tablespoons olive oil, divided
- Salt and pepper
- 2 15-ounce cans chickpeas, rinsed and drained
- 1/4 cup parsley, chopped, divided
- 1 tablespoon cumin, divided
- 2 tablespoons minced ginger
- 6 cups vegetable stock
- 1 14-ounce can full-fat coconut milk\*

\*If you can't find coconut milk, substitute 1 cup half-and-half.

#### Tools

- Cutting board
- Knife
- 2 large sheet pans
- Measuring spoons
- Measuring cups
- Blender
- Large stock pot
- Wooden spoon

#### Kids Can!

- Toss sweet potatoes and carrots.
- Toss chickpeas.
- Garnish soup with chickpeas.

#### Instructions

##### 1. Roast the vegetables

Heat oven to 400 degrees and fit two racks on the center rungs. Peel carrots and sweet potatoes. Then cut them into 1-inch pieces. (You should have about 6 cups carrots and 4 cups sweet potatoes.) Toss carrots and sweet potatoes with 1 tablespoon olive oil, 1 teaspoon cumin, salt and pepper. Then spread in an even layer on a sheet pan. Roast 45 minutes, until sweet potatoes are soft, and carrots are al dente.

##### 2. Roast the chickpeas

While vegetables cook, dry rinsed chickpeas on a towel-lined plate. Toss chickpeas with 1 tablespoon olive oil, 1 tablespoon parsley, 1 teaspoon cumin, salt and pepper. Then spread in an even layer on a sheet pan. Roast chickpeas in the oven with the vegetables for 25-30 minutes, until light brown and crisp.

##### 3. Make the soup

Heat 1 tablespoon olive oil in a large stock pot over medium-low heat. Add ginger and remaining 1 teaspoon cumin and cook, stirring occasionally. Meanwhile, puree warm roasted vegetables in a blender with 2 cups stock. Add the puree to the stockpot along with the coconut milk and remaining 4 cups stock. Cook until soup is hot throughout.

##### 4. Serve

Garnish bowls of soup with chickpeas and remaining parsley.

## Ask a Pharmacist What Are Some Ways I Can Make Healthier Nutrition Choices?

**Amber Haag**  
Pharmacist, Haag Pharmacy  
Emporia, Kansas

In today's busy world, it can be very challenging to maintain healthy eating and nutrition. We are often on the go and in a hurry, making it difficult to do what's best for us nutritionally.

First, I always encourage people to eat as "clean" and simple as possible. Additives and preservatives of any kind lessen the nutritional value of most foods while also polluting the body. Therefore, if you can eliminate as many additives, preservatives and processed items as possible, your food will be much "cleaner," and you will get more of its benefits. When shopping at the grocery store, always stick to the outside perimeter of the store. This is where most of the fresh and non-preserved foods are located, making it easier for you to make healthy choices.

Second, plan ahead and be prepared. Dedicating some time at the beginning of each week or each day to plan out your meals and snacks can help you make good choices. Planning ahead for your grocery store trips and having a well-prepared list will help you purchase what you need so you can stick to your plan.

Ultimately, even if we do everything right, we still may not get adequate nutrition to maintain optimal health. I always recommend a few quality vitamins and supplements to take on a daily basis to ensure you are giving your body what it needs. A good daily multivitamin is a must for almost everyone. There may be other vitamins to add to your regimen depending on your individual situation and health needs.

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## Local Love Rosebank Pharmacy

STATEN ISLAND, NEW YORK

"Growing up in the community where I work, and where my dad built such a beautiful business, is very rewarding."

**Florence Levine**  
Pharmacist and Co-owner



#### How many years has your pharmacy been in business?

Rosebank Pharmacy has been in business since 1890. My dad purchased the business in 1964, and in 1974, he moved to a new location, which is where we are still located today. In May 2016, we did a pharmacy transformation and surprised my dad. It was a wonderful moment! The new in-store design helped customers find products more easily with new signage and allowed us to carry more durable medical equipment.

#### What has been the most significant change within your pharmacy over the past five years and how has it helped you serve your patients better?

The last several years have been tough to navigate during these changing times. We work on an ongoing basis to help our patients with medication adherence through phone call reminders, adherence packaging and medication synchronization. We offer all of the vaccinations that are allowed by New York State and follow up to make sure our patients complete the series of vaccinations that are appropriate for them. Once COVID-19 hit (and it hit New York very hard), we remained open and helped as many patients as we could. We were able to offer medications and supplies needed during these very difficult times, and we were also available to just listen and sometimes, console our patients.

#### What is your favorite thing about being a pharmacist?

My favorite thing about being a pharmacist is getting to know my customers. Like most independent pharmacists, I know my customers' names and family members. Growing up in the community where I work, and where my dad built such a beautiful business, is very rewarding. I worked side by side with my dad from 1994 to 2014, when he retired and made me his partner. My daughter also worked her way through pharmacy school at Rosebank Pharmacy and is now a third-generation pharmacist! She helps me with the pharmacy's social media, with which we reach people from all generations within our community. The biggest compliment my customers can give me is to tell me that I'm just like my dad! We all love and care for our patients as our family!

#### What makes your pharmacy unique?

We have customer appreciation days at Rosebank Pharmacy where we offer blood pressure and diabetes screenings and have giveaways and free raffles. Those are fun-filled days that give me more time to come out from behind the counter and talk with my patients.

#### What does Locally Loved mean to you?

Locally Loved to me means that my patients pass by the chain stores to come to see me. We greet them properly and know how to give them unique services that they may not find elsewhere. They respond with love! We give them good advice and are not always looking to make a sale. Sometimes, the best medication is a hug or to listen, and that's what we are here for!