



# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JANUARY 2023

## Are You Getting Enough Protein?

It's no secret that protein is important. Since protein is found in so many everyday foods, most people eat plenty of it without having to rely on supplements like protein powders and protein-packed snack bars.

Learn more about the importance of protein, how to know if you're getting enough — and what to do if you're not.

### What does protein do in your body?

Protein is one of three essential macronutrients, along with fat and carbohydrates. It's a component of every cell in your body, and it's crucial for growth and development, muscle maintenance, and other key processes that happen in your body all the time. Protein also provides energy; one gram of protein contains four calories.

All protein is made up of a combination of amino acids, each of which serves slightly different functions in your body. There are 20 different amino acids, and each type of protein contains different amounts of each. Nine of these amino acids are essential, which means our bodies can't produce them, and we have to get them through food. The other 11 are non-essential. This means that our bodies can make them, and we don't need to rely solely on dietary protein for them.

### How much protein should you eat in a day?

The amount of protein your body needs depends on many factors, including your age, gender, activity level, and any health conditions you have. The Dietary Guidelines for Americans recommends getting anywhere from 10% to 35% of your daily calories from protein. That's a big range. Experts from the Academy of Nutrition and Dietetics and the American College of Sports Medicine recommend that active adults get between 0.55 and 0.91 grams of protein per pound of body weight. For example, a 150-pound person needs between 82 and 136 grams per day, and a 200-pound person needs between 109 and 182 grams per day. The more active you are, the higher in this range your needs will fall — this is because your body needs protein for muscle building, repair, and recovery.

Sedentary people require less protein — just 0.36 grams per pound of body weight. That's 54 grams daily for a 150-pound person or 72 grams for a 200-pound person.

### Can you get enough protein on a vegetarian diet?

Yes, it's possible to get enough protein on a vegetarian diet. But there's one catch: Animal proteins (like dairy, eggs, meat, and seafood) contain all nine essential amino acids, while plant proteins (like beans, grains, nuts, and seeds) only contain some of them. If you don't eat animal products, it's important to eat a variety of plant-based protein sources to ensure you get all the essential amino acids. You don't need to eat them all in the same meal. Just consume them all within a day, and you'll be fine.

### How should you spread your protein intake throughout the day?

Because your body can only use so much protein at once, it's best to space your intake throughout the day. You can aim for a minimum of 15 to 25 grams at every meal and at least some protein with each snack. If you exercise, you should also get that same amount within two hours of a workout to maximize recovery.

### How can you make a protein-rich meal?

Not sure how to build a protein-rich meal? A good rule of thumb is to include at least one serving of a protein-rich food in every meal or snack.

For breakfast, you might eat two scrambled eggs with fruit and toast or a smoothie made with fruit, nuts, and protein-rich Greek yogurt.

For lunch, you could opt for a sandwich on whole wheat bread with lettuce, tomato, and a few slices of turkey and cheese for protein. Or, you could make a veggie-packed salad topped with grilled chicken and a spoonful of nuts.

For dinner, try a tofu stir-fry with mixed vegetables and some brown rice or a classic meat, potatoes, and vegetable dinner.

For protein-rich snacks, stock up on hummus, peanut butter, cottage cheese, yogurt, and nuts, and pair them with a fruit or vegetable or some whole grain chips or crackers.

## HEALTH & FITNESS

### 3 Simple Resolutions To Improve Your Health

Every year, people make ambitious resolutions for New Year's that they inevitably drop by February. A better option: Choose some simple resolutions that you can more easily stick with for the entire year.

If you've been struggling to lead a healthier lifestyle, working on one or more of these three New Year's resolutions could help you slowly build healthier habits for the next year — and beyond.

#### Walk at least 10 minutes per day.

The Centers for Disease Control and Prevention recommends that adults get 30 minutes per day of moderate exercise (like walking) at least five days per week to support their physical and mental health. If 30 minutes per day feels daunting, try making a smaller resolution — like 10 or 15 minutes per day — instead. It's easier to get started when it's only for a short time.

#### Eat at least 15 grams of protein with breakfast.

The U.S. Recommended Dietary Allowance for protein (the minimum you need per day) is 0.36 grams per pound of body weight. Starting your day with a healthy dose of protein will help you to meet your daily goal — and keep you feeling full for longer. Good sources include eggs (8 grams each), eight ounces of milk (6 grams), one cup of yogurt (10 grams), one ounce of cheddar cheese (6 grams), and an ounce of almonds (6 grams).

#### Eat three servings of veggies and two servings of fruit per day.

A 2021 study published in the journal "Circulation" found that eating just three servings of non-starchy veggies and two pieces of whole fruit (not juice) leads to the lowest mortality rates. It could be as simple as some carrot or pepper sticks, a green salad, tomato sauce on pasta, or chopped veggies in a soup or stew.



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## JANUARY RECIPE

# Sweet Potato Waffles With Pecan Maple Syrup

Prep Time	Cook Time	Total Time	Serves
15 minutes	20 minutes	35 minutes	4

Waffles are a breakfast classic, and this seasonal spin is more nutritious because it's made with white whole wheat flour and mashed sweet potatoes. Sweet potatoes are an excellent source of vitamin A — important for vision, immunity, growth and development, and organ function.

Homemade mashed sweet potatoes are best. If you're using canned sweet potato puree, decrease the milk to 3/4 cup.

### Ingredients

- 1 1/2 cups white whole wheat flour
- 1/4 cup packed light brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons pumpkin pie spice
- 6 tablespoons unsalted butter, melted
- 1 cup mashed sweet potatoes (no warmer than room temperature)
- 1 cup whole milk
- 2/3 cup plain, full-fat yogurt
- 2 large eggs
- Cooking spray
- 1/4 cup pecans, chopped
- Maple syrup, to serve

### Tools

- Measuring cups and spoons
- 2 large mixing bowls
- Microwave-safe bowl
- Whisk
- Spatula
- Waffle maker (Belgian or regular)

### Instructions

#### 1. Prepare the batter

First, heat waffle iron to medium.

In a large mixing bowl, whisk together flour, brown sugar, baking powder, baking soda, and pumpkin pie spice.

In a microwave-safe bowl, melt butter by microwaving it in 30-second intervals, stirring between each interval, until it's totally liquid.

In another large mixing bowl, whisk together butter, mashed sweet potatoes, milk, and yogurt. Beat eggs in a small bowl, then whisk them into the wet ingredients. Add wet ingredients to dry ingredients and gently mix everything together with a spatula until combined — some lumps are okay!

#### 2. Make the waffles

Coat waffle maker with nonstick cooking spray. When waffle maker is hot, pour in the manufacturer-recommended amount of batter (usually 1/2 a cup for a 7-inch regular waffle maker and one cup for a 7-inch Belgian waffle maker). Close, cook, and repeat until the batter is gone.

#### 3. Serve

Top waffles with chopped pecans and a drizzle of maple syrup.

### KIDS CAN!

- Measure ingredients
- Stir batter
- Pour batter into waffle maker

## ASK A PHARMACIST

# Is It Too Late To Quit Smoking?

It is NEVER too late to quit smoking! Now is the perfect time to commit to yourself and your health and kick the habit. Pick a "quit date," which will be your "I stopped smoking anniversary," and talk to your pharmacist. Pharmacists can support you through your journey by giving you tools to quit and, in some states, can prescribe medicines to help you become smoke-free. Within three days of quitting, your chance of a heart attack decreases and your taste and smell begins to improve. Within three months of quitting, you will find that your lungs work better and you have more energy. As the smoke-free years continue, your risk of heart disease, stroke, and cancer decreases. In addition to health benefits, you will also notice improvements in your finances — smoking one pack per day costs over \$2,000 per year!



**Michael Majeski**  
Pharmacist  
Sebastopol Family  
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Set your quit date, tell a friend or family member (encourage them to quit with you if they smoke too), and talk to your local pharmacist. Take things one day at a time and don't forget to celebrate milestones. Remember not to get frustrated or disappointed in yourself if you have a weak moment. Quitting smoking takes willpower, but you can do it. Congratulations on making a commitment to a healthier you!

*The views and opinions expressed above are those of the author and do not necessarily represent those of AmerisourceBergen Drug Corporation. The content is for informational purposes only and is not intended to diagnose, prescribe, or treat any health condition and should not be used as a substitute for consulting with your health professional.*

## LOCAL LOVE

# McMinnville Drug Center

Serving McMinnville, Tennessee, for more than 45 years

"We truly bend over backwards for whatever our customers need. We treat them like family and care for them like family."

Margaret Sutton, Pharmacist and Owner

### 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 COVID-19 pandemic has created many changes in our practice. First, being part of the COVID-19 provider practice agreement and administering COVID-19 vaccines on top of seasonal vaccine requirements created a huge change in staffing and workflow. Recently, McMinnville Drug Center has incorporated more services, such as point-of-care documentation for flu, COVID-19, and strep.

Another significant change for our business is our free bubble packing serve. We staff two pharmacists and one technician to manage the bubble packaging calendar, packing the medication, and providing solutions for the doctor's healthcare goal and the patient's reality, whether it's financial or drug intolerance.

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

I really enjoy working as an independent pharmacist. I have served a few big city hospital pharmacies, a corporate retail pharmacy, and a large independent grocery store pharmacy prior to working at McMinnville Drug Center. I love the small work family and our patients. I love being tied into my customer's lives and feeling like they are an extension of my work family. It's deeply gratifying when you are trusted as a provider.

### What makes your pharmacy unique?

Location. We are located next door to a historical landmark, the Birthing Tree. Google it! It's an amazing site, especially since we live in the nursery capital of the world. We are located across the street from the hospital, so this huge tree is our next-door neighbor.

### What do you think your patients love most about your pharmacy?

I would say our patients love our customer service. We truly bend over backwards for whatever our customers need. We treat them like family and care for them like family.

### What are your favorite ways to get involved with your community?

Currently, our pharmacy is a location drop-off for two nonprofit organizations. Our Father's Closet is an organization collecting children's clothing, furniture, and baby items for new foster families who receive children unexpectedly. The second organization collects hygiene and care products for the adult special needs populations. Also, one of my favorite community involvements is serving our homeless populations meals every third week of the month.

### What does Locally Loved mean to you?

Our pharmacy motto is, "We are not just a pharmacy, but a family." If we can train our staff to follow this and show our patients that we love them just like our family, then we can hope our customers spread this love to other local businesses who want to survive. To be *locally loved* as a business is an honor, especially after 45 years of business. We have generations of families continuing to support our little pharmacy by the big tree.