



# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY | JANUARY 2022

## 4 Benefits of Eating More Fiber

Nutrition is a young science, and there's so much we don't yet know about how food affects health. But one thing experts agree on is that fiber is absolutely a good thing.

Fiber is a type of carbohydrate that your body can't digest. It's found in unprocessed plant foods, like fruits, vegetables, whole grains, legumes, nuts, and seeds. The Institute of Medicine recommends at least 38 grams of fiber per day for men 50 and younger, and at least 25 grams per day for women 50 and younger. The recommended amounts for men and women over 50 decreases to 30 grams and 21 grams, respectively. That's because overall calorie consumption tends to decrease with age.

For reference, a slice of whole wheat bread contains about 2 grams of fiber, a medium skin-on apple contains 4 grams, and a cup of cooked chickpeas contains 12.5 grams.

There are two types of fiber, each with unique health benefits. Soluble fiber dissolves into a gel during digestion, while insoluble fiber stays intact. If you're eating a variety of plant-based foods every day, you're likely getting a good mix of both.

Unfortunately, most American adults only get about half the recommended amount of fiber. Harvard Health reported in 2019 that most of us eat between 10 and 15 grams per day. That's a problem because fiber plays a crucial role in keeping our bodies healthy and preventing disease. If you suspect that your own fiber intake is lacking, here are four compelling reasons to increase your intake of fiber-rich foods.

### 1. It reduces your risk of diabetes.

A 2018 article published in The Journal of Nutrition looked at existing evidence on fiber intake and diabetes. The key finding: Adults who ate at least the recommended amount of fiber (25 grams per day for women, 38 grams per day for men) were significantly less likely to develop type 2 diabetes later in life. Also, the fiber found in whole grains might be the most effective in preventing diabetes.

### 2. It steadies your blood sugar.

A big reason why fiber reduces diabetes risk is that it helps keep your blood sugar steady. A 2017 randomized controlled trial published in the American Journal of Clinical Nutrition looked at how fiber affected the blood sugar levels of people with type 2 diabetes after a meal. People who ate 15 grams of fiber with breakfast had lower blood sugar levels than those who ate just over 3 grams of fiber, even though both groups ate the same number of calories.

### 3. It helps keep you regular.

There are two types of fiber. Soluble fiber dissolves into a gel during digestion, while insoluble fiber stays intact as it moves through your body. Both types of fiber play a unique role in keeping you regular. Soluble fiber helps your stool pass smoothly through your bowels, while insoluble fiber bulks it up and keeps it moving. According to the U.S. Department of Agriculture (USDA), both types of fiber help prevent constipation.

### 4. It can lower your cholesterol, reducing your risk of heart disease and stroke.

The American Heart Association recommends getting at least 25 grams of fiber per day, because fiber lowers your risk of heart disease and stroke. That's because fiber reduces the amount of cholesterol absorbed into your blood stream, thus lowering your LDL cholesterol levels over time. High-fiber foods have other heart-healthy benefits as well, like reducing blood pressure and chronic inflammation.

### How to boost your fiber intake.

To hit your daily fiber goal, aim to eat 8 to 10 grams of fiber at each meal. You can do that by choosing whole grains over refined grains, filling half of your plate with fruits and vegetables, and working in plant-based proteins like legumes and nuts.

## HEALTH & FITNESS

### How to Stay Hydrated

Dehydration happens when you lose more fluids than you take in. This could happen if you lose excess water due to sweating or illness — or if you simply aren't drinking enough. When you're dehydrated, you can feel tired and dizzy. Dehydration can cause your mouth and skin to become dry. Feeling thirsty or having dark-colored urine are also signs that you're dehydrated.

The easy answer to preventing dehydration is to drink more water throughout the day. But what if you don't like plain water? Here are four other ways you can make sure you get the hydration you need.

**Eat more fresh fruits and vegetables.** Drinking fluids isn't the only way to stay hydrated. Certain produce contains a high water content, according to the Academy of Nutrition and Dietetics. Produce with 90% to 100% water includes strawberries and melons, especially cantaloupe and watermelon, green leafy vegetables, and cooked squash. Fruit and vegetables with 70% to 80% water include bananas, grapes, pears, pineapples, citrus fruits, avocados, carrots, and cooked broccoli.

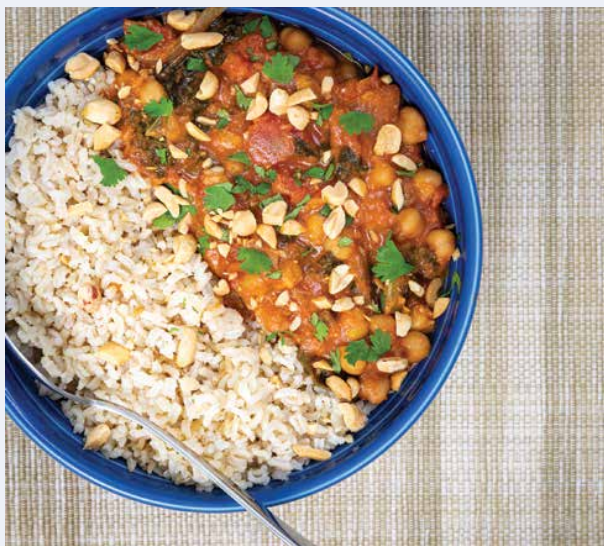
**Add dairy.** Fat-free skim milk has a water content of 90% to 100%. Moist dairy products, including yogurt, ricotta, and cottage cheese, also contain about 70 to 80% water.

**Sip on soup or broth.** Adding these to your diet can increase your water intake. For the highest water content, choose clear soups or broths over cream-based chowders.

**Infuse your water to improve the taste.** Adding lemon slices is a great way to enhance the flavor of water. But it isn't the only way. Try slices of lime, grapes, watermelon, or cucumbers. Or make flavored ice cubes so you can jazz up plain water quickly.



**KOVACS FREY PHARMACY**  
"Locally Owned, Locally Operated, Locally Loved"  
2860 Artesia Boulevard  
Redondo Beach, CA 90278  
Phone: (310) 371-7541  
Text Us @ (424) 533-5552  
Fax: (310) 542-1488  
• Local Delivery  
• Diabetes Supplies  
• Wound Care  
• Most Major Insurance Accepted  
kovacsfrey.com



## JANUARY RECIPE

# Peanut and Chickpea Stew with Kale and Onion

Prep Time	Cook Time	Total Time	Serves
15 minutes	45 minutes	1 hour	8

This plant-based stew, adapted from traditional African peanut soup, is hearty and filled with unexpected nutty flavor. It freezes beautifully, so don't be afraid to make a full batch even if you're only cooking for a few people.

### Ingredients

3 cups uncooked brown rice  
3 medium yellow onions  
2 tablespoons olive oil  
Salt and pepper, to taste  
2 tablespoons minced ginger  
4 garlic cloves, minced  
1 tablespoon cumin  
2 teaspoons ground coriander  
1/4 cup tomato paste  
4 cups vegetable stock  
2 14-ounce cans chickpeas, rinsed and drained  
1 14-ounce can crushed tomatoes  
3/4 cup creamy peanut butter  
1/2 cup roasted peanuts, plus more for garnish  
6 cups kale, stems removed, chopped  
Chopped fresh cilantro, for garnish (optional)

### Tools

Cutting board  
Chef's knife  
Measuring cups and spoons  
Medium pot with lid  
Large stock pot with lid  
Wooden spoon  
Can opener

### Instructions

#### 1. Cook rice

In a medium pot with a lid, combine brown rice with 6 cups of water. Bring to a boil, then cover and reduce heat to low. Cook 45 minutes, until liquid is absorbed and rice is cooked through. Prepare stew while rice cooks.

#### 2. Prepare stew

Roughly chop one onion. Cut the remaining two onions into six wedges each and set aside. Heat olive oil in a large stock pot over medium heat. Add chopped onion, season with salt and pepper. Cook, stirring occasionally, until onion starts to soften, about 2 minutes.  
Reduce heat to low. Add ginger, garlic, cumin, and coriander. Stir ingredients until fragrant, about 1 minute. Add tomato paste and stir to combine. Add stock, chickpeas, crushed tomatoes, peanut butter, peanuts, and onion wedges, and stir. Bring to a gentle boil over medium-high heat, then reduce the heat to low. Simmer 25 minutes, stirring occasionally.  
Increase heat to medium-low. Add chopped kale and cover pot as stew continues to simmer. After 5 minutes, remove the lid and stir cooked kale into stew. Season to taste.

#### 3. Serve and garnish stew

Prepare bowls of rice topped with stew. Garnish with chopped peanuts and chopped cilantro.

### KIDS CAN!

- Add ingredients to stew
- Garnish bowls

## ASK A PHARMACIST

# How Can My Pharmacist Support Me in Quitting Smoking?

**Sherry Gipe**  
Pharmacist  
Robert T Henry Pharmacy  
Shippensburg, Pennsylvania

Tobacco use is the leading cause of preventable disease, disability, and death in the United States. Community pharmacists are the most readily accessible healthcare providers and are positioned to have the most positive impact on smoking cessation due to our location in the community and frequent contact with patients.

As community pharmacists, we are able to help you with your decision to quit smoking. You must first be ready to quit for any therapy to be successful. Pharmacists are armed with a combination of pharmacotherapy and nonpharmacologic options to help you succeed. Long-acting prescription medications in combination with short-acting over-the-counter therapies to control cravings can be used with our support to increase the rate of successful cessation. Community pharmacists can provide support to those who have not been successful, identify barriers, and adjust therapies accordingly. Without the need for appointments, we are best positioned and prepared to help you successfully end your tobacco use.

*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

# Fikes Pharmacy Grandfield, Oklahoma

“As a pharmacist, my first instinct is to try to figure out why my patients are having a problem.”

Cory Fikes, Owner and Pharmacist-in-Charge

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

Fikes Pharmacy has been in business 22 years.

### 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 most significant change within my pharmacy in the past five years has been becoming a 340B pharmacy for our local clinic. This means that we can purchase outpatient medications at discounted “340B” drug prices. As a result, it has increased our patient and script count and has allowed me to hire more employees. Adding extra staff has allowed me to have more time to spend with our patients when they have questions or just during counseling and medication management therapy. I feel like I am not only providing better service to my patients, but also being a better pharmacist as well.

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

My favorite thing about being a pharmacist is being able to help my patients. When a patient comes to me with a problem they are having, I immediately look at their drug profile and start asking them questions. In a way, a pharmacist is like a detective. A physician's first instinct might be to put that patient on another drug to help with that complaint. As a pharmacist, my first instinct is to try to figure out why the patient is having the problem. Could it be a side effect of something they are already taking? When did this symptom start? Are they on anything that could be causing this problem? Is there something else the patient could be switched to that would eliminate this symptom and still give them the health outcome they desire? Whether it is guidance on medications or medical conditions, it is very rewarding to me to know that I have helped someone and hopefully improved their quality of life.

### What makes your pharmacy unique?

I think what makes Fikes Pharmacy unique is the fact that we are a retail, long-term care, hospice, and 340B pharmacy in a town of 1,000 residents. Not many pharmacies can say that.

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

Our patients love our customer service and being able to talk to me at any time about any healthcare issue they may be having. I am very accessible to my patients and they know that. They trust me and I think that is why they keep coming back.

### What excites you most about the future of independent pharmacy?

What excites me the most about independent pharmacy is how independents are willing to continue to adapt to the patients' needs as well as take on provider status in ways the chains simply cannot do. I am excited for the next generation of pharmacists who are interested in owning their own stores and want to keep independent pharmacies alive.

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

To me, *Locally Loved* means that your patients trust you as an important part of their healthcare team and are loyal to you and your pharmacy. They depend on me. And I depend on them.