



# Good Neighbor Script

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY* | APRIL 2024

## What to Know About Vitamins A, D, E, and K

There are six main vitamins — A, B, C, D, E, and K. Not all vitamins are alike though. Some are water soluble, meaning that they dissolve in water, while others — A, D, E, and K — are fat-soluble. This means that they dissolve in fat, not in water.

How the body absorbs and stores a vitamin depends, in large part, on whether it is soluble in fat or water. Fat-soluble vitamins need to be eaten with fat for the best absorption. For veggies that are high in one or more of these vitamins, you can add olive oil or butter directly to them — or simply consume them as part of a meal that contains some fat.

Unlike water-soluble vitamins, your body doesn't easily excrete excess amounts of fat-soluble vitamins. This means it's easier for you to take too much of them (if you're taking supplements).

Fat-soluble vitamins are less likely to be absorbed well by people with medical conditions that don't allow them to absorb fat properly — for example, celiac disease or Crohn's disease.

Here's what you need to know about each of the fat-soluble vitamins.

### Vitamin A

Vitamin A is necessary for normal vision function, reproduction, immune system, and general growth and development. Your organs also need vitamin A in order to work properly.

Many animal products are rich in vitamin A. This includes eggs, fish, dairy products, and organ meat. Many fruits and vegetables contain carotenoids, which the body then converts into vitamin A. Vegetables that are high in carotenoids include:

- Green leafy vegetables, like spinach and kale.
- Other green vegetables, like broccoli.
- Orange and yellow vegetables, like carrots, sweet potatoes, and yellow peppers.
- Orange and yellow fruits, like cantaloupe, apricots, peaches, and mangos.

According to the National Institute of Health (NIH), vitamin A deficiency is rare in the U.S.

### Vitamin D

Vitamin D is a critical vitamin for building strong bones. That's because vitamin D helps your body absorb calcium. Vitamin D is also necessary to

strengthen your immune system to fight off viruses and bacteria.

Your body makes vitamin D when your skin is exposed to sunlight. Not very many foods naturally contain Vitamin D. The few that do are fatty fish. Fish liver oils are also a good source. Most dietary sources of vitamin D in the U.S. come from fortified milk. Breakfast cereals, orange juice, and yogurt may also be fortified.

The NIH estimates that roughly one out of every four Americans has vitamin D levels that are too low for good bone health.

### Vitamin E

Vitamin E is one of the key antioxidants. It helps protect your body from "free radicals," which are compounds people are exposed to from things like pollution, UV light, cigarette smoke, and even the byproducts of your body converting food to energy. Vitamin E also helps boost your immune system and helps keep your blood vessels open and free of blood clots.

Fortunately, vitamin E is found naturally in many foods. Nuts are especially good sources of vitamin E. Green vegetables (like broccoli and spinach) are also good sources. Some juices, margarines, and breakfast cereals may also be fortified with vitamin E.

The NIH reports that vitamin E deficiency in the U.S. is very rare.

### Vitamin K

Vitamin K is a vitamin that's needed (along with vitamin D and calcium) for building healthy bones. It's also necessary for your body to form blood clots.

Vitamin K is found naturally in many foods, including:

- Green leafy vegetables, like kale, collards, spinach, and dark lettuce.
- Broccoli.
- Certain fruits, like figs and blueberries.
- Protein sources like eggs, meat, cheese, and soybeans.

According to the NIH, it's rare for Americans to be deficient in vitamin K. If you're taking a blood thinner, it's critical that you get roughly the same amount of vitamin K from your diet every day.

If you have questions about any of these vitamins, your local pharmacist can help.

## HEALTH & FITNESS

### How to Prepare a First Aid Kit

Having a first aid kit prepared ensures you have everything you need to treat a minor illness or injury. It also gives you a grab-and-go collection of needed items for day trips, vacations, and even evacuations due to natural disasters.

Here are a few key items every first aid kit should have:

**Bandages.** A collection of different sizes of bandages is a must-have in every first aid kit. Add in some gauze, surgical tape, and a pair of scissors so you can handle larger or oddly shaped wounds.

**OTC medicines.** This should include anti-inflammatory pain relievers (like ibuprofen or naproxen sodium), acetaminophen, laxatives, antidiarrheals, and antihistamines.

**Antiseptic wipes.** You can use these to clean wounds on the go if you don't have access to soap and water.

**Antibacterial ointment.** This is helpful to apply to wounds, especially if you're outdoors or otherwise lack access to soap and water for thorough cleaning.

**Tweezers.** This will allow you to remove splinters and ticks.

**Disposable gloves and plastic bags.** Disposable non-latex gloves come in handy if you have to bandage up someone else. Plastic bags provide a safe way to dispose of gloves, wipes, and any other material that's contaminated with blood. It is also the best way to isolate ticks.

**Thermometer.** A temporal artery thermometer, which takes your temperature from your forehead, is a great choice for a first aid kit. Just make sure your first aid kit has an extra set of batteries and a handful of individually wrapped alcohol wipes for wiping the sensor after use.



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APRIL RECIPE

## Healthier Carrot Cake Muffins

Prep Time	Bake Time	Cool Time	Total Time	Serves
20 minutes	30 minutes	2 hours	2 hours, 50 minutes	12

With ample amounts of fiber, healthy fats, protein, and probiotics in every bite, these carrot cake muffins are perfect for a guilt-free dessert, breakfast, or snack. Made with less sweetener, whole wheat flour, olive oil, and a tangy Greek yogurt icing, they'll satisfy your sweet tooth in a healthy way.

### Ingredients

2 cups plain, whole-milk Greek yogurt (divided)	1/4 teaspoon nutmeg
4 large carrots	2 large eggs
2 cups whole wheat flour	1/2 cup olive oil
1 teaspoon baking soda	1/2 cup unsweetened apple sauce
1 teaspoon baking powder	1/2 cup plus 1 tablespoon maple syrup (divided)
1/2 teaspoon salt, plus 1 pinch for the icing	1 1/2 teaspoons vanilla (divided)
1 teaspoon cinnamon	1/2 cup raisins
	1/2 cup chopped walnuts

### Tools

Muffin tin + 12 liners  
Measuring cups and spoons  
Colander  
Cheesecloth  
Mixing bowls  
Whisk  
Spatula

### Instructions

1. Start making the Greek yogurt icing: Line a colander with cheesecloth and pour 1 cup of the Greek yogurt into the cheesecloth. Gather up the ends and twist it into a ball. Set the ball of yogurt into the colander and place it over a bowl to drain. Let the Greek yogurt sit in the refrigerator for at least two hours while you bake and cool the muffins. Discard the liquid. Note: You can do this up to two days in advance. The longer it drains, the more firm and like cream cheese the yogurt will become.
2. Preheat the oven to 375°F and set the rack to the middle position. Line your muffin tins with 12 muffin liners.
3. Grate the carrots in a food processor or with a cheese grater. Then set them aside.
4. In a large mixing bowl, combine the whole wheat flour, baking soda, baking powder, 1/2 teaspoon of salt, cinnamon, and nutmeg. Whisk to combine.
5. In a second mixing bowl, combine the remaining 1 cup of Greek yogurt, eggs, olive oil, applesauce, 1/2 cup of maple syrup, and 1 teaspoon of vanilla. Whisk well to combine.
6. Add the wet ingredients to the bowl of dry ingredients. Add the raisins, walnuts, and grated carrots. Using a spatula, mix just until combined. Do not overmix the batter.
7. Portion the batter into the muffin cups. Place the muffin tin in the oven and bake for 25 to 30 minutes — or until a toothpick inserted into the middle comes out clean.
8. Let the muffins cool to room temperature (about 2 hours).
9. Finish preparing the Greek yogurt icing: Remove the strained Greek yogurt from the cheesecloth and place it in a bowl. Add the remaining 1 tablespoon of maple syrup, 1/2 teaspoon vanilla, and the pinch of salt. Mix well to combine.
10. Divide the icing over the tops of the cooled muffins.
11. Store leftover muffins in a covered container in the refrigerator.



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## SPRING ALLERGIES

### 5 Surprising Facts You Might Not Know



| 01

Pollen travels hundreds of miles.



| 02

Stress can make your allergy symptoms worse.



| 03

Allergy symptoms spike during PMS and pregnancy.



| 04

Thunderstorms can make allergies worse.



| 05

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