

# Health & WELLNESS



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## What Doctors Want You to Know About Supplements

By Jennifer Rossi, MD with 98point6



**Your workout buddy's taking turmeric for joint pain.** Your co-worker says start taking folic acid ASAP if you're thinking about having a baby. Your friend swears those collagen powders are working wonders for her complexion. It all sounds so proactively healthy!

But before you start stocking up on supplements, **how much do you really know about them?**

**FACT** A dietary supplement is anything you take by mouth in order to help you add a particular type of substance into your body beyond your regular diet. Supplements take the form of tablets, capsules, powders and liquids; the dietary ingredients they contain may include:

- **Vitamins and minerals**  
(Ex: Vitamin C, zinc)
- **Herbs and botanicals**  
(Ex: Ginkgo biloba, feverfew)
- **Amino acids**  
(Ex: L-lysine, L-threonine)
- **Enzymes** (Ex: Lactase and lipase)

**FACT** Most people can get what their body needs from a well-balanced diet. The primary focus should be getting the optimum mix of nutrient-dense foods on your plate.

**FACT** Safety can be a serious concern. They may be sold in the grocery aisle or by a friendly health and beauty consultant, but taking supplements warrants a conversation with your physician, especially since taking too much or mixing with other drugs could have harmful side effects and consequences.

**FACT** Federal regulations are less strict on dietary supplements than prescription or over-the-counter meds.

**THE BOTTOM LINE** A physician will always be your best resource. From nutritional fads to trendy workout routines, you should always consult a real doctor about any lifestyle changes you're considering. And with affordable, text-based care, you can connect with a 98point6 physician whenever you're curious about your health, minus worries about wasting time or money. Remember, 98point6 physicians are here to help for common everyday health questions as well as pressing health concerns.

Read the full blog [here](#) and to learn more about how you can use 98point6 click [here](#).

## HAPPY FATHER'S DAY!

### June is Men's Health Month

**Schedule Your Checkup!**

Click [here](#) to download a **Checkup & Screening Guideline Chart for Men**

## Fact v. Fiction

### Cholesterol

**Fact or Fiction**

**How Cholesterol Smart Are You?**

**Take the quiz and see:**

[Click here!](#)

### Health Tip

#### Stop Avoiding the Doctor!

Don't wait to visit the doctor until something is seriously wrong. Your doctor can be a great ally for maintaining health & preventing disease.

## Common Tips to Avoid Portion-Size Pitfalls to Manage Your Weight

CDC Infographic Publication – click [here](#) for link

**Go ahead, spoil your dinner.** We learned as children not to snack before a meal for fear of “spoiling our dinner.” Well, it’s time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

**When eating or snacking in front of the TV,** put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It’s easy to overeat when your attention is focused on something else.

**To minimize the temptation of second and third helpings** when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

**People tend to consume more when they have easy access to food.** Make your home a “portion friendly zone.” • Replace the candy dish with a fruit bowl. • Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level. • When buying in bulk, store the excess in a place that’s not convenient to get to, such as a high cabinet or at the back of the pantry.



Fruit juice comes with some cautions — even though juice is made from fruit, processing renders it devoid of fiber and high in sugar. Limit your daily fruit juice intake to four to six ounces, if you drink any at all. Vegetable juice is fine, as long as it’s low in sodium and sugar



What you eat and drink affects your teeth. Sugar in any form, including honey and

even natural sugars found in fruit and dairy products, can damage your teeth. The most harmful sugars are those that stick to your teeth, like

caramel, and those that remain in your



mouth for a long time, like hard candies. Starchy foods, such as potato chips and crackers, also contain sugars that affect teeth. So, if you do consume sugars, be sure to brush afterwards. Check out a Game Plan for Healthy Teeth [here](#), put out by Delta Dental.

### Grilled Chicken Skewers with Peanut Dipping Sauce

1½ lbs. boneless, skinless chicken breast cut into 1-inch cubes  
½ tsp salt  
¼ tsp garlic powder  
1 tbsp extra-virgin olive oil

#### Sauce ingredients:

¼ cup peanut butter  
1 tbsp sodium-reduced soy sauce  
1 tbsp balsamic vinegar  
1 lime, juiced  
1 tbsp toasted sesame oil

**Preheat** grill to medium. **Toss** chicken with salt, garlic and oil. **Mix** well and refrigerate for 20 minutes. **Thread** chicken onto skewers, and grill 10-15 minutes, turning every few minutes, or until chicken reaches an internal temperature of 165°F.

**Whisk** together sauce ingredients; thin it with water to reach desired consistency.

**Brush** some peanut sauce over grilled chicken, and serve remaining sauce for dipping.

### EASY recipe



**Makes 4 servings. Per serving:** 288 calories | 33g protein | 15g total fat | 3g saturated fat | 6g mono fat | 5g poly fat | 6g carbohydrate | 2g sugar | 1g fiber | 477mg sodium

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