

Diamond Post

A smiling baby wearing a white shirt and a bunny headband, being held by a woman with long dark hair.

March

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National Nutrition Month
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and More!



March Observances



National Nutrition Month

You can get all of our
nutritional supplements
10% off all month long!

Daylight Savings - 10th

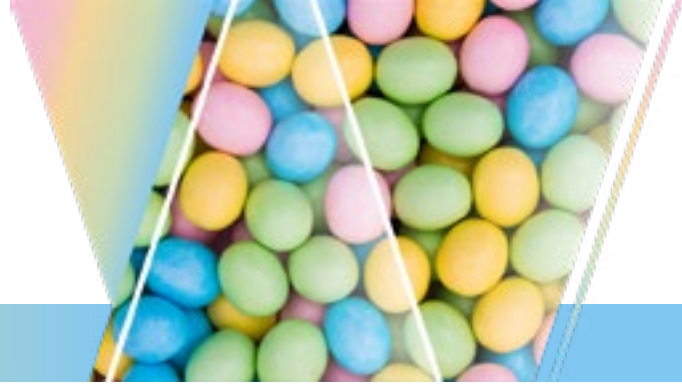
Get ready to "spring forward"
into more sunshine!



St. Patrick's Day - 17th

What a lucky deal! You can
get 35% off all St. Patrick's
items!

March Observances

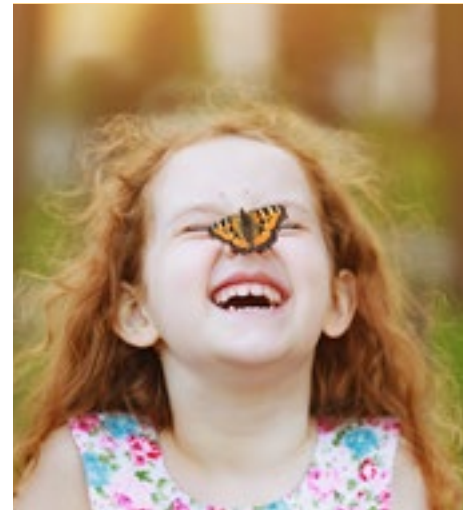


National Reading Month

Crack open a good book this month from Diamond Drugs! Books and reading glasses 25% off!

First Day Of Spring - 19th

Spring has sprung! And so have great deals at Diamond Drugs! 25% off all spring decor!



Easter Sunday - 31st

Hop into savings at Diamond Drugs! Easter items are 25% off all month!

Drug Store Specials

670 Philadelphia Street 724.465.4200 Mon-Fri: 8am-6pm, Sat. 9am-3pm



Easter Cards!



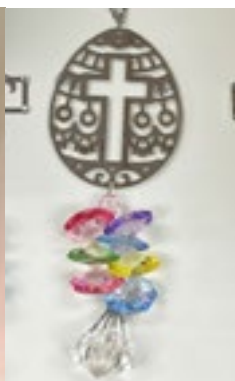
Books!



Spring Decor!



St Patrick's Decor!



Easter Decor!



Prepare for Spring with Diamond Drugs!

- St. Patrick's items 35% off
- Spring/Easter items 25% off
- Books and Reading Glasses 25% off
- Nutritional Supplements 10% off

Best Pharmacy

Medical Supply Specials

Best Medical Supply

It's Mobility March! Check out our great sales on mobility related products at Diamond Medical Supply!

- 20% off on canes and mobility accessories
- 15% off muscle pain relief (Bio Freeze)
- 15% off compression and non slip socks (non insurance)



1354 Oakland Avenue 724.349.2830 Mon-Fri: 9am-5pm, Sat. 9am-1pm



St. Patrick's Day Facts

Corned Beef and Cabbage Was an American Innovation

The meal that became a St. Patrick's Day staple across the country—corned beef and cabbage—was an American innovation. While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.



The Shamrock Was Considered a Sacred Plant

The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.



Leprechauns Are Likely Based on Celtic Fairies

The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies—tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.



There Were No Snakes Around for St. Patrick to Banish

Research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. And water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.

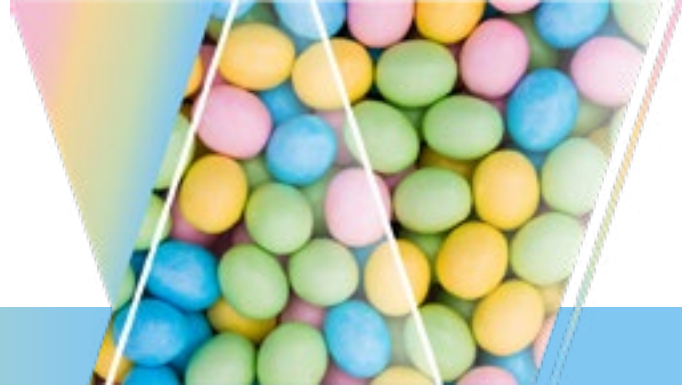


The Real St. Patrick Was Born in Britain

Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in the area now known as Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain. He eventually returned to Ireland as a Christian missionary.



National Nutrition Month



National Nutrition Month is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Let's take this month to focus on learning how to read food labels!

Nutrition Labels

Learn to use FDA's Nutrition Facts label when grocery shopping to compare ingredients in different food items. Select items that have higher amounts of vitamins, minerals, and dietary fiber and lower amounts of sodium, saturated fat, and added sugars.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (180g)
Amount per serving	
Calories	245
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Serving Information

The serving size reflects the amount that people typically eat or drink. In the sample label, one serving equals 1 cup. If you ate two cups, you would need to double the nutrient and calorie amounts, as well as the %DVs, to see what you are getting in two servings.

Calories

Calories provide a measure of how much energy you get from a serving of this food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.

Nutrients

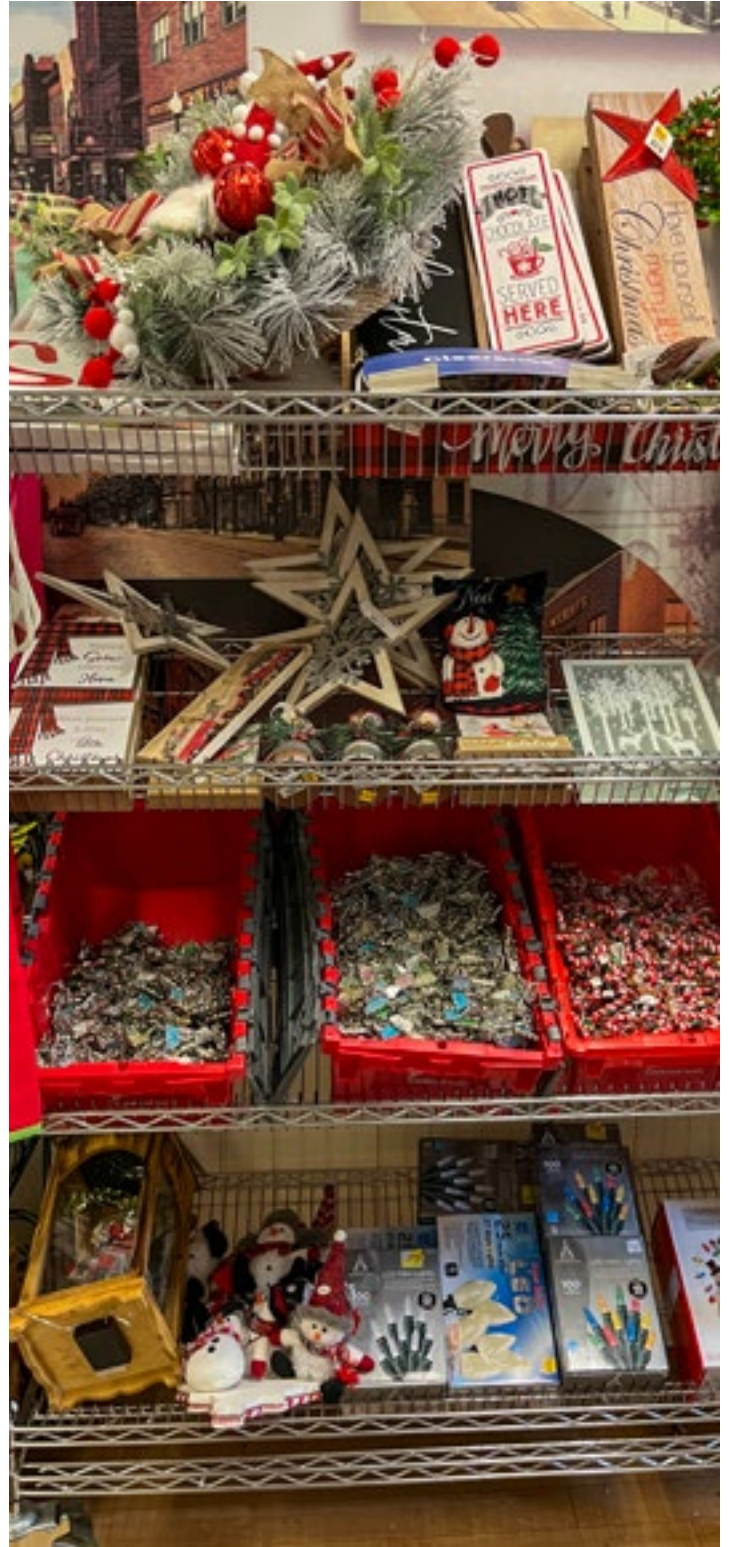
Look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit. Saturated fat, sodium, and added sugars are nutrients listed on the label that may be associated with adverse health effects, try to limit them. Dietary fiber, vitamin D, calcium, iron and potassium are nutrients on the label that Americans generally do not get the recommended amount of, try to increase these.

The Percent Daily Value

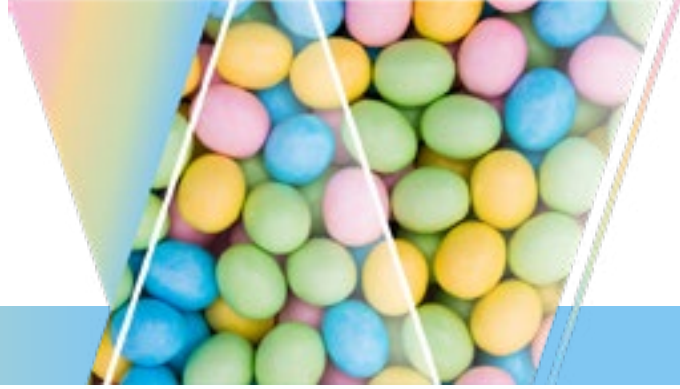
The %DV shows how much a nutrient in a serving of a food contributes to a total daily diet and helps you determine if a serving of food is high or low in a nutrient. 5% or less is considered low and 20% or more is considered high. Chose foods high in Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium and low in Saturated Fat, Sodium, and Added Sugars.

Clearance Corner

We still have an abundance of heavily discounted Christmas Items! Anything catch your eye? If so, stop by and check out our clearance! Next Christmas you'll have the most festive home for a bargain price!



Easter Basket Ideas



Is the Easter Bunny striking out on ideas for baskets this year? Diamond Drugs can help!



For The Kids

Books, Stuffed Animals, Toys, and Sweet treats are all you could ever need to make kids happy on Easter. Luckily all of these are available at Diamond Drugs!



For The Teens

Teens are a bit more tricky, but with some self care items, jewelry, and sweet snacks from Diamond Drugs you're sure to get a smile.



For The Grown Ups

We've got some great gifts for grown ups too! Swan Creek candles, body scrubs, home decor, and Willow Tree figurines are perfect for anyone. Don't forget some candy as well!



Candle Of The Month

Roasted Espresso

This scent is pure espresso! Give your home that wonderful coffee shop aroma we all love. With 35% off, this candle may even cost less than your morning cup of joe!



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