

Please be sure to make a reservation by calling **719-884-2304** or go to **www.silverkey.org/connections-cafe-reservations** by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal. Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p> 	<p>Jan 1, 2019 New Year's Day Holiday CLOSED No Connections Café Meal</p>	<p>2 Beef Chimichanga Salsa Spanish Rice Vegetable Soup Peas & Carrots Apple</p>	<p>3 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie</p>	<p>4 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar cookie</p>
<p>7 Riblettes Baked Beans Potato Salad Applesauce Roll</p>	<p>8 Ham Salad on Croissant Cream of Mushroom Soup Spinach Mandarin Salad Strawberries High Fiber Cookie</p>	<p>9 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange</p>	<p>10 Beef Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple</p>	<p>11 Baked Cod Olympia Potato Medley Italian Vegetables Roll Pear</p>
<p>14 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Peaches Chocolate Pudding</p>	<p>15 Baked Ham Sweet Potatoes Broccoli Pear Oatmeal Raisin Cookie</p>	<p>16 Beef Burrito/Green Enchilada sauce SW Black Beans Mexican Rice Pineapple Orange Compote Raisin Nut Cup</p>	<p>17 Honey Curry Chicken Wild & Brown Rice Green Beans Carrot Raisin Salad Strawberries Spice Cake</p>	<p>18 Crab Cakes Broccoli Chese Rice Green Bean Almandine Pickled Beet & Onion Salad Orange M&M Choc. Chip Cookie</p>
<p>21 MLK Day CLOSED No Connections Café Meal</p>	<p>22 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie Milk</p>	<p>23 Pico Lime Cod Baby Baker Potatoes Carrots Coconut Crunch Salad High Fiber Cookie</p>	<p>24 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries</p>	<p>25 Meatball Sub Vegetable Soup Cauliflower Orange</p>
<p>28 Baked Ziti w/ Sausage & Marinara Green Beans Caesar Salad Spiced Peaches Raisin Nut Cup</p>	<p>29 Breaded Chicken Sandwich w/ Lettuce & Tomato Spinach Mandarin Salad Orange Peanut Butter Cookie</p>	<p>30 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce</p>	<p>31 BBQ Chicken Loaded Potato Soup Peas & Carrots 3 Bean Salad Apple</p>	

- **Saturated fats** are found in foods like fatty cuts of beef, pork and lamb, dark meat and skin of chicken, high-fat dairy items and tropical oils (coconut, palm oil and cocoa butter.) Saturated fats are solid at room temperature. Too much saturated fat can increase your LDL cholesterol, but the jury is still out on the effects of saturated fat on your body. It is best to reduce your saturated fat intake and focus on consuming more polyunsaturated and monounsaturated fats - which we know are good for us.
- **Polyunsaturated fats** can be found in salmon, herring, sardines and trout. These fatty fish contain omega-3 fatty acids that have been noted to reduce triglycerides (blood fat) and curb arthritis stiffness and joint pain. They are also noted to reduce blood pressure and improve symptoms of depression and ADHD. Polyunsaturated fats are generally liquid at room temperature. Other sources of omega-3 fatty acids are flax seed, walnuts and canola oil.
- **Monounsaturated fats** can be found in olive oil, avocado oil, and tree nuts. They are liquid at room temperature. Monounsaturated fats have been proven to lower LDL cholesterol and help maintain cells in your body. They reduce the risk of developing inflammatory diseases and boost memory. Monounsaturated fats are the healthiest fats to consume.

So how much fat should be consumed daily? The American Heart Association recommends we consume 20-35% of our calories as fat daily. Remember we want to eat the more healthy forms of fats to keep us healthy!

- If you consume 1800 calories daily, then it would be 40-70 grams of fat
- If you consume 2200 calories daily, then it would be 49-86 grams of fat

The bottom line (no pun intended) is that we need to consume healthy fats daily for optimal body function. Try to limit your fats and try to use monounsaturated and polyunsaturated fats if possible. Reading the labels of the food products you buy can help you determine how much and which types of fats are in the foods you eat.

Thank you to our menu sponsor:



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FATS - FRIEND OR FOE?

Many people think all types of fat are bad for us and that we should eat as little fat as possible. Every health care professional says we should eat a diet low in saturated fats, but what does that mean? This month we will explore why we need fat, what types of fat are good for you and which ones to avoid.

Our bodies need fat. The fat we consume in our diet not only provides calories for energy, but fat helps us absorb vitamins A, D, E, and K as well as some minerals. Fat is an important part of our cell membranes and maintenance of skin integrity as well as muscle movement.

There are 4 main types of fat that affect our bodies in different ways:

- **Trans-fats** are found in partially hydrogenated vegetable oils. Hydrogenating the fat slows how fast the fat goes rancid or bad. It is used in fried foods, margarine, vegetable shortening, baked goods and processed snacks. Trans-fats are generally solid at room temperature. Trans-fats have no health benefits and are known to increase LDL (bad) cholesterol and inflammation and reduce HDL (good) cholesterol. They are linked to heart disease, diabetes and strokes. All food labels state the amount of trans-fat in foods. One should note that if a product contains less than 0.5 grams trans-fat, the product can be listed as trans-fat free. Most people should not consume more than 2 grams trans-fat daily.