

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Golden Circle is now Silver Key Connections Café.</p> <p>New name. Same great service.</p>	<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>	<p>1 Taco Salad w/ Lettuce, Tomato, Salsa, Sour Cream & Avocado Tortilla Bowl Corn Chowder Banana</p>	<p>2 Riblettes Baked Beans Potato Salad Applesauce Bread</p>	<p>3 Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Apple Peanut Butter Cookie</p>
<p>6 Cheese Ravioli w/ Alfredo Sauce Broccoli Tossed Salad Strawberries Raisin Nut Cup</p>	<p>7 Chicken Salad Sandwich on Croissant Loaded Baked Potato Soup Raisin Carrot Salad w/ Pineapple High Fiber Cookie Orange</p>	<p>8 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Tropical Fruit Salad Brownie</p>	<p>9 Chicken Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple</p>	<p>10 Sloppy Joe Carrots Sunflower Broccoli Salad Banana Sugar Cookie</p>
<p>13 Lemon Pepper Cod Wild & Brown Rice Broccoli Roll Pear Yogurt Oatmeal Raisin Cookie</p>	<p>14 Egg Salad on Croissant Tomato Basil Soup Tossed Salad w/ Red Wine Vinaigrette Orange High Fiber Cookie</p>	<p>15 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Strawberries</p>	<p>16 Stuffed Pasta Shells w/ Meat Sauce Cauliflower Salad w/ Red Wine Vinaigrette Dressing Apple Raisin Nut Cup</p>	<p>17 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad w/ Pineapple Banana Cherry Cobbler</p>
<p>20 Smothered Pork Chop w/ Onions and Peppers Brussel Sprouts Baby Baked Potato Pineapple High Fiber Cookie</p>	<p>21 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Spinach Mandarin Salad Yogurt Apple Raisin Nut Cup</p>	<p>22 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie</p>	<p>23 Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Tropical Fruit Oatmeal Raisin Cookie</p>	<p>24 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries</p>
<p>27 Beef Chimichanga Spanish Rice Black Bean Lentil Soup Corn Carrot Raisin Salad Apple</p>	<p>28 Meatball Sub Vegetable Soup Cauliflower Orange</p>	<p>29 Chicken Carbonara Bahamas Vegetables Green Bean Salad Pear Oatmeal Raisin Cookie</p>	<p>30 Swiss Steak Mashed Potatoes Peas Coleslaw Banana</p>	<p>31 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Tropical Fruit High Fiber Cookie Roll</p>



What is dietary fiber?

Dietary fiber, also known as roughage or bulk, includes the parts of plant foods your body can't digest or absorb. Unlike other food components, such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn't digested by your body. Instead, it passes relatively intact through your stomach, small intestine and colon and out of your body.

Most plant-based foods, such as oatmeal and beans, contain both soluble and insoluble fiber. However, the amount of each type varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods.

Benefits of a high-fiber diet

- A high-fiber diet has many benefits, which include:
- Normalizes bowel movements. Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation.
 - Helps maintain bowel health. A high-fiber diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). The good bugs that make up your microbiome feed off fiber—and flourish. As your gut bacteria gobble up fiber that has fermented in your G.I. tract (delish), they produce short-chain fatty acids that have a host of benefits—including lowering systemic inflammation, which has been linked to obesity and nearly every major chronic health problem.
 - Lowers cholesterol levels. Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or “bad,” cholesterol levels. (continued on back)

Nutrition Education Continued...

- Helps control blood sugar levels. In people with diabetes, fiber — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels.
- Aids in achieving healthy weight. High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer.
- Reduce the risk of certain cancers. Every 10 grams of fiber you eat is associated with a 10 percent reduced risk of colorectal cancer and a 5 percent fall in breast cancer risk, says a study published in the *Annals of Oncology*.

Daily fiber recommendations for adults 50 and over are:

- 30 grams of fiber daily for men*
- 21 grams of fiber daily for women*

***Add fiber to your diet slowly and make sure you drink water. This gives your body time to adjust to the change and will reduce the chance of constipation.**

Most adults do not consume enough fiber daily. Good sources of fiber are:

- Whole-grain products
- Fruits
- Vegetables
- Beans, peas and other legumes
- Nuts and seeds



Internet Sources:
 • <http://www.eatingwell.com/article/287742/10-amazing-health-benefits-of-eating-more-fiber/>
 • <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>.

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