

Stay Hydrated

It is easy for seniors to become dehydrated, especially during hot summer months where you are more likely to be outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water as well as cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

Compliment Your Diet with Exercise

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding fun, active ways to exercise each day. Sunny summer days provide the perfect opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, playing tennis, practicing yoga, and canoeing.

Eat Fresh

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands. It's your chance to skip out on the frozen meals or canned goods you may be used to and instead opt for farm-fresh options like summer squash, heirloom tomatoes, and all great things fresh.

Tackle Your Biggest Culprits

It is never too late to get your diet under control when it comes to your health. If you have been recommended to adjust your meals due to concerns over blood pressure, diabetes, weight, or even osteoporosis, now is the time to take action and set yourself up for success the second half of the year.

Thank you to our menu sponsor...

To learn more call

(719) 314-2327

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5 Summer Nutrition Tips and Ideas

Whether you're looking to trim down for your upcoming trip or on the flipside, ensure you don't lose too much weight as you get older, don't miss these helpful summer nutrition reminders and healthy meal ideas for seniors:

Make Healthy Swaps

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs and lots of eating out. When it comes to chopping down on all your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- ◆ Swap ice cream for low-fat yogurt in your favorite shakes and smoothies.
- ◆ Swap refined white sugars for natural alternatives like honey, maple syrup, or dates in your baked goods.
- ◆ Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber or lavender.
- ◆ Swap processed salad dressings for olive oil, balsamic vinegar and lemon juice.
- ◆ Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a super snack).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Seasoned Baked Salmon Brown Rice Pilaf Broccoli Pear Cherry Cobbler Milk	2 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce Milk	3 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit Milk	4 Chicken Parmesan Pasta Cauliflower Tossed Salad w/ Dressing Diced Pears WW Roll Milk
5 BBQ Turkey Sweet Potato Fries Green Beans Tossed Salad w/ Dressing Orange Milk	6 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Orange Milk	7 Sweet & Sour Pork Jasmine Rice Asian Vegetables Applesauce High Fiber Cookie Milk	8 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit Milk	9 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk	10 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple Milk	11 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup Milk
12 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange Milk	13 Cod Tuscan Baby Bakers Broccoli Banana High Fiber Cookie Milk	14 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Milk	15 Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Peaches Milk	16 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple Milk	17 Mushroom Ravioli w/ Marinara Broccoli Salad w/ Avg. Dressing Diced Pears Raisin Nut Cup Milk	18 Riblets Baked Beans Potato Salad Applesauce Milk
19 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce Milk	20 Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple Milk	21 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad w/ Italian Dressing Orange Milk	22 Vege- Burger w/ Lettuce, Tomato & Onion Corn Coleslaw Banana Milk	23 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables WW Bread Apple Milk	24 BLT Sandwich Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Milk	25 Sweet & Sour Pork Jasmine Rice Asian Vegetables Applesauce High Fiber Cookie Milk
26 Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple Milk	27 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Chick Peas (2 Tbsp Serving) Orange Milk	28 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches Milk	29 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Broccoli Slaw Banana Milk	30 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts WW Bread Apple Milk		