

Do Seniors NEED Dietary Supplements?

So, what are consumers to do when faced with all this conflicting information? Your best bet is to consult an expert. A doctor or registered dietitian should be the **only** sources for information and advice on dietary supplementation. A friend, neighbor, employee at a health food store or sponsor on a commercial shouldn't be trusted to provide sound guidance regarding these products.

Another rule of thumb is that no pill can replace a **balanced diet**. Your motto should always be 'food first.'

If a little is good, then a lot must be better. Right? That doesn't necessarily apply to vitamins and minerals. In a best-case scenario, taking too much of a certain supplement simply results in the body flushing out the extra compounds it doesn't need, but this still boils down to **wasted money**.

Depending on the supplement, the age and health of the individual, taking too much could be harmful. Large doses of some vitamins, minerals and even some herbs can cause side effects, such as nausea, diarrhea, constipation, fainting, headaches, seizures, **heart attack**, or stroke, and even lead to liver or kidney damage.

Thank you to our menu sponsor.



**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services



To learn more call (719) 314-2327
or visit www.rmhcare.org



Silver Key

Home Delivered Meals

April 2023



Dietary Supplements and the Elderly

Many seniors and their caregivers think, "If these 'healthy' products are so widely available and have such incredible benefits, why not give them a try? It can't hurt, right?" The truth is that not everyone needs to supplement their diet and the benefits may not be as impressive as the industry would have you believe. In some cases, dietary supplements can be detrimental to a person's health.

Even medical researchers have a difficult time proving the benefits of dietary supplements. A recent study on highly touted omega-3 fish oil concluded that it wasn't effective in reducing a person's mortality risk or their risk of suffering a heart attack or stroke. These results were contrary to the popular notion that omega-3 fatty acids may help prevent and manage heart disease.

Silver Key Senior Services | 719-884-2300 | www.silverkey.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chicken al a King w/Rice Green Beans Apple & Milk
2 Chicken Marsala Potato w/cheese Brussel Sprouts Apple & Milk	3 Lemon Pepper Chicken Rice Lima Beans Orange & Milk	4 Cod Tuscany Baby Bakers Peas and carrots Peaches Cookie & Milk	5 BBQ Beef Sandwich Green Beans Corn, Coleslaw Banana & Milk	6 Manicotti w/ Meat marinara Vegetables WW Roll w/butter, Apple & Milk	7 Sweet & Sour Beef, Rice Asian Vegetables Pear & Milk	8 Swedish Meatballs Peas & Carrots Banana Milk & V-8
9 Meatloaf w/ Mashed Potato Peas & Carrots Orange & Milk	10 Pesto Chicken With rice Brussel sprouts Pear & Milk	11 Baked Ham Sweet Potatoes Broccoli, Roll w/butter, Pear & Milk	12 Vege-Burger w/LTO Corn, Coleslaw Banana & Milk	13 Southwestern Chicken w/rice Pinto beans Orange, Cheese Stick & Milk	14 <u>Chef's Choice</u>	15 Broccoli Chicken Sweet potatoes Peas & Carrots Orange, V-8 & Milk
16 Roast Turkey Mashed Potatoes Vegetables WW Roll w/butter Apple & Milk	17 Crab Cakes Broc/Ched Rice, Roll w/butter, Beans Orange & Milk	18 Sloppy Joe Carrots Coleslaw Pineapple & Milk	19 Pork Fritter Mac & Cheese Lima beans Banana & Milk	20 Pork Carnitas Pinto beans Mexican Corn Peaches & Milk	21 Beef Pot Pie, Biscuit Lima Beans Apple & Milk	22 Lemon Pepper Chicken w/Rice Lima Beans Orange & Milk
23 Manicotti Vegetables WW/ Roll w/butter Apple & Milk	24 Chicken Cacciatore Green Beans Diced Pear & Milk	25 Pepper Steak Rice, Succotash Orange & Milk	26 Meatballs w/ Marinara Asparagus Banana & Milk	27 Chicken Chimichanga Spanish Rice Black Beans, Banana, V-8 & Milk	28 Pork Pot Roast Potato Medley Carrots, Orange Milk	29 Beef Ravioli Peas & Carrots Banana & Milk
30 Southwestern Chicken w/rice Pinto beans Orange Cheese stick Milk						

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.