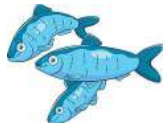


Be sweet on berries and cherries.



Berries — especially dark ones such as blackberries and blueberries, as well as cherries — are a source of anthocyanins and other flavonoids that may support memory function. Enjoy a handful of berries or pitted cherries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.



Get adequate omega-3 fatty acids.

Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of the omega-3 fatty acid, DHA. Substitute fish for other meats once or twice a week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options or supplementation with your doctor or registered dietitian nutritionist. You can get DHA omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
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Nutrition
Education

Nutrition Education Topic

4 Types of Foods to Support Memory

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet also plays a role in brain health. The best menu for supporting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research is finding the Mediterranean Diet may help keep aging brains sharp, and a growing body of evidence links foods such as those in the Mediterranean diet with better cognitive function, memory and alertness.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Cordon Bleu, Roasted Sweet Potatoes w/ Dates and nuts, Peas & Carrots Orange & Milk	3 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	4 Meatballs (Pork & Beef) w/ Marinara & Pasta Broccoli Banana & Milk	5 Breaded Chicken w/ Lettuce, Onion & Tomato Bun w/ Mayo Carrots Diced Pears & Milk	6 Beef Tips Mashed Potatoes Brussel Sprouts Apple & Milk
9 <u>Indigenous Peoples' Day</u> Silver Key Closed 	10 Beef Pot Pie w Buttermilk Biscuit Lima Beans Apple & Milk	11 Cheese Ravioli Succotash WW Roll w/ Butter Diced Mango Milk	12 Beef Tacos w/ Spiced Pinto Beans Applesauce Milk	13 Chicken Alfredo With Penne Pasta Peas Tropical Fruit Milk
16 Southwestern Chicken Spanish rice Pinto beans Orange & Milk	17 <u>Chef's Choice</u> 	18 Chicken Chimichanga Spanish Rice Black Beans Banana & Milk	19 Slow Roasted Beef, Mashed Potatoes Peas Orange & Milk	20 Riblets Baked Beans Potato Salad Applesauce Milk
23 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	24 Cheese Tortellini w/ Meat Marinara Pea & carrots Pear & Milk	25 BBQ Beef Sandwich Corn, Green Beans, Coleslaw Diced Mango Milk	26 Chicken Piccata with Pasta, Winter Blend Vegetables, Cherry Cobbler Milk	27 Tuna Casserole Roasted Butter-nut Squash Pear Milk
30 Chicken & Dumplings Broccoli Strawberry Apple Sauce, Cookie & Milk	31 Goulash Green Beans Almandine Apple Milk			

We value your feedback!!

At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.

1=Don't love it;

2=It's Good;

3=LOVE it!