

### Know how much to eat

Learn to recognize how much to eat so you can control [portion size](#). When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

### Vary your vegetables

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

### Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

### Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your [sense of smell](#), [sense of taste](#), or both have changed. [Medicines](#) may also change how foods taste. Add flavor to your meals with herbs and spices.

### Keep food safe

Don't take a chance with your health. Throw out food that might not be safe. Avoid certain foods that are risky for an older person, such as unpasteurized [dairy](#) foods. Foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

### Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important [nutrients](#) to know as well as calories, fats, sodium, and the rest of the [Nutrition Facts label](#). Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Thank you to our menu sponsor.

To learn more call (719) 314-2327  
or visit [www.rmhcure.org](http://www.rmhcure.org)



**Rocky Mountain  
PACE**

A Program of Rocky Mountain Health Care Services

## Silver Key Connections Café

February 2024



Nutrition  
Education



## *Choosing Healthy Meals As We Age*

### Drink plenty of liquids

With age, you may lose some of your sense of thirst. [Drink water often](#). Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of [added sugars](#) or salt. Learn which liquids are healthier choices

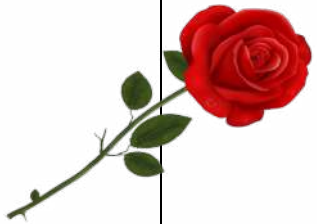



### Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

### Plan healthy meals

Find trusted nutrition information from [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and the [National Institute on Aging](#). Get advice on [what to eat](#), [how much to eat](#), and [which foods to choose](#), all based on the [Dietary Guidelines for Americans](#). Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

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
			1 Chicken Piccata WW Pasta Winter Blend Veg w/ Parm Cherry Cobbler Milk	2 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk
5 Chicken Cordon Bleu Sweet Potatoes w/ Dates & Nuts Peas & Carrots Orange Milk	6 Beef Pot Pie w/Buttermilk Biscuit Lima Beans Apple Milk	7 Chicken Alfredo WW Pasta Peas Diced Tropical Fruit Milk	8 Pork Carnitas w/ Peppers & Onions, Cheese, Pinto Beans Mexican Corn Diced Peaches Milk	9 Sweet & Sour Beef Jasmine Rice Asian Vegetables High Fiber Cookie Pear Milk
12 Southwestern Chicken Spanish Rice Pinto Beans Orange Milk	13 Cheese Ravioli Succotash WW Roll w/ Butter Diced Mango Milk	14 Crab Cake Broc/Ched Rice Green Bean Al- mondine WW Roll w/Butter Orange Milk	15 Chicken & Dump- lings Broccoli High Fiber Cookie Strawberry Applesauce Milk	16 Goulash w/ Cheese Green Bean Al- mondine Apple Milk
19 <b><u>Chef's Choice</u></b> 	20 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple Milk	21 Meatballs (Pork & Beef) w/ Marinara WW Pasta Broccoli Banana Milk	22 Beef Tacos Spiced Pinto Beans Applesauce Milk	23 Lemon Pepper Flounder Brown Rice Brussel Sprouts w/ Parm Orange Milk
26 Teriyaki Meatballs Brown Rice Succotash Diced Pineapple Milk	27 Beef Tips Mashed Potatoes Brussel Sprouts Apple Milk	28 Riblets Baked Beans Potato Salad Banana Milk	29 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk	

**We value  
your feed-  
back!!**

**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!**