

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 increase.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
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**Rocky Mountain
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Silver Key Home Delivered Meals

February 2024



Nutrition
Education



Choosing Healthy Meals As We Age

Drink plenty of liquids

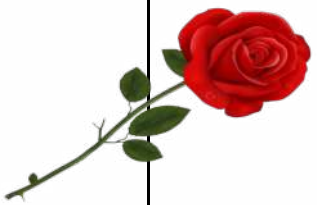



With age, you may lose some of your sense of thirst. [Drink water often](#). Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of [added sugars](#) or salt. Learn which liquids are healthier choices

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 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken Piccata WW Pasta Winter Blend Veg w/ Parm Cherry Cobbler Milk	2 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk	3 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk
4 Beef Stroganoff With Pasta Brussel Sprouts 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	10 Honey Curry Chicken Coconut Rice Peas and Carrots Apple OJ Milk
11 Pork Pot Roast w/Onions & Celery Roasted Red Potatoes, Carrots Orange 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	17 Chicken Teriyaki Brown Rice Succotash Orange Milk
18 Sweet & Sour Meatballs Brown Rice Bahama Blend Veg Diced Mangos Milk	19 <u>Chef's Choice</u> 	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	24 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk
25 Stuffed Bell Pepper Baby Bakers Carrots 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		

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.