

**How to hit the mark:** Eat more whole grains, nuts, beans, fruits, and vegetables. Be creative. "Try adding cranberry sauce to your turkey and whole wheat bread sandwich," Cost suggests. "Family can help out with this too. When you visit your parents, divide up pumpkin seeds, nuts, blueberries, or already-chopped vegetables into snack size bags and leave them in the refrigerator so they're ready to eat." And talk to your doctor about taking a fiber supplement..

**Calcium:** plays many roles in the body. But it is most important for building and maintaining strong bones. Unfortunately, surveys show that as we age, we consume less calcium in our diets. Calcium is so essential that if you don't get enough, your body will leach it out of your bones. Coming up short on calcium has been shown to increase the risk of brittle bones and fractures.

**How to hit the mark:** Help yourself to three servings a day of low-fat milk and other dairy products. Other good dietary sources of calcium include kale and broccoli, as well as juices fortified with calcium. Calcium-rich foods are by far that best choice, says Robert Heaney, MD, a Creighton University professor of medicine and an expert on calcium and vitamin D. "The body needs both calcium and protein for bone health," says Heaney. "So the ideal source of calcium is dairy products, not supplements." If you tend to steer clear of dairy products, talk to your doctor about whether you should take a supplement.

Joanne Koenig Coste, a former caregiver who works with older people, says that smoothies made with yogurt, fruit, and even vegetables can be an attractive option for people who have lost their appetite, have trouble chewing, or have a dry mouth. "I used to make one for my mother with spinach, yogurt, a little orange juice, and a little pistachio ice cream," she says. "My mother loved it. I'd divide it into small portions and freeze them for her. She'd take it out in the morning and have it for lunch." Another favorite: a smoothie of vanilla yogurt, a little molasses and maple syrup, and a small scoop of vanilla ice cream.

Thank you to our menu sponsor.

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



**Rocky Mountain  
PACE**

A Program of Rocky Mountain Health Care Services



Nutrition  
Education



### ***Nutrients You May Be Missing***

Getting adequate nutrition can be a challenge as you get older. With age, the number of calories you need begins to decline. Every calorie you consume must be packed with nutrition in order to hit the mark. Even then, you may fall short. "As we get older, the body becomes less efficient at absorbing some key nutrients," says Katherine Tucker, RD, PhD, chair of the department of health sciences at Northeastern University in Boston. In addition, the ability to taste food declines, blunting appetite. Some foods become difficult to chew or digest.

Several key nutrients in particular may be in short supply as you get older. Here are the top vitamins and nutrients to look out for and how to get enough.

**Fiber:** helps promote healthy digestion by moving foods through the digestive tract. Foods rich in fiber, including whole grains, beans, fruits, and vegetables, have many other health benefits, including protecting against heart disease. If you don't eat a lot of these whole foods, chances are you're not getting enough fiber. You're not alone. Most Americans only get about half the recommended levels.

**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!**

**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 Beef Stroganoff WW Penne Pasta Brussel Sprouts Apple Milk
4 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk	5 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mangos Milk	6 Chicken Teriyaki Brown Rice Succotash Orange Milk	7 Pork Pot Roast w/Onions & Celery Roasted Potatoes Carrots Orange Milk	8 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk
11 Stuffed Bell Pepper Baby Bakers Carrots Orange Milk	12 Cheese Ravioli Succotash WW Roll w/Butter Diced Tropical Fruit Milk	13 Bratwurst w/ Mustard Roasted Potatoes Cabbage & Carrots, Orange & Milk	14 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	15 Slow Roasted Beef w/ Beef Gravy Mashed Potatoes Peas Orange Milk
18 Honey Curry Chicken Coconut Rice Peas and Carrots Apple OJ & Milk	19 Beef Fagioli Soup Winter Blend Veg Orange Milk	20 Swedish Meatballs (Pork & Beef) WW Pasta Green Beans Banana Milk	21 Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Peas and Carrots Orange & Milk	22 Shepherd's Pie Winter Blend WW Roll w/ Butter Diced Peaches Milk
25 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	26 <b><u>Chef'sChoice</u></b> 	27 Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Bread w/ Butter Orange Milk	28 Chicken Marsala Roasted Potatoes Brussel Sprouts Apple Milk	29 Spaghetti w/ Meat Sauce Italian Blend Roll w/ Butter Banana Milk