

• Pack in the Protein

Protein builds and repairs your muscles. Without enough proteins, you could lose muscle mass as you age—which can make it harder to move around. Protein also keeps you feeling full for longer, which means that getting proteins at each meal can help control your cravings and prevent over-eating. It's essential to get enough protein in every meal—but try to prioritize its place at breakfast, lunch, and dinner because that's when you need it most.

• Get Enough Calcium

Calcium is essential for building and maintaining healthy bones. As we age, our ability to absorb Calcium from food can be compromised due to age-related changes in digestive function, including declines in stomach acid secretion and decreased activity of digestive enzymes. Calcium is essential for older adults, especially women at risk of osteoporosis, to consume through diet or supplements. .

• Cut Out Sugar and Salt

While our bodies need a little bit of salt to function correctly, too much can cause hypertension and other health issues, and there's no scientific evidence suggesting that we need more than one teaspoon of added salt per day. Excess sodium can also lead to fluid retention, so cutting out excess amounts is vital for our overall wellness and our diets.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
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**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services



Vitamins—Protein—Calcium

Your nutrition has to be one of your top priorities no matter how old you are, but it's vital if you're 65 or older. As we age, our bodies become less able to process the foods we eat and absorb their nutrients properly. Improving your diet will help you maintain muscle mass and strength, reduce the risk of chronic disease, and improve your mental health and quality of life overall. Below are some healthy nutrition tips that will help ensure you enjoy life now while protecting your health in the future..

• Consider a B-12 Supplement

B-12 is a vitamin essential for nerve functioning, DNA synthesis, and methylation. Studies show that B-12 deficiency can cause balance, speech, and movement issues in some individuals. As we age, it's more challenging to absorb B-12 from food alone, making supplementation important for aging adults looking to promote overall brain health.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BBQ Chicken Sand, Green Beans, Corn, Applesauce Peanut Butter Cookie & Milk	2 Spaghetti w/ Meat Sauce Italian Blend Veg Roll w/ Butter Banana Milk	3 Slow Roasted Beef, Mashed Potatoes Peas Orange & Milk	4 Chicken Piccata WW Pasta Winter Blend w/ Parmesan Cherry Cobbler Milk
5 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple Milk	6 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear & Milk	7 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mangos Milk	8 Cheese Ravioli Succotash Roll w/Butter Diced Tropical Fruit Milk	9 Pork Pot Roast Roasted Red Potatoes Carrots Orange Milk	10 Sweet & Sour Chicken Brown Rice Asian Veggies Cookie, Pear Milk	11 Riblets Baked Potato Baked Beans Apple Sauce Milk
12 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	13 Stuffed Bell Pepper, Baby Bakers Carrots Orange & Milk	14 Chicken Cacciatore with Pasta Green Beans Diced Pears Milk	15 Swedish Meatballs with Pasta Green Beans Banana Milk	16 Chicken Teriyaki Brown Rice Succotash Orange Milk	17 Beef Stroganoff with Penne Pasta Brussel Sprouts Apple Milk	18 Goulash w/ Cheese Green Bean Almondine Apple & Milk
19 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	20 Honey Curry Chicken Coconut Rice Peas & Carrots Apple, OJ & Milk	21 Loaded Potato Soup, Winter Blend Veggies, Strawberries Milk	22 Bratwurst Roasted Potatoes, Cabbage & Carrots, Orange Milk	23 <u>Chef's Choice</u> 	24 Meatloaf w/ Mashed Potatoes Peas & Carrots Roll w/ Butter Orange & Milk	25 Teriyaki Meatballs, Rice Succotash Diced Pineapple Milk
26 Beef Stroganoff with Penne Pasta Brussel Sprouts Apple Milk	27 <i>Silver Key Closed for Memorial Day</i>	28 Broccoli Stuffed Chicken Sweet Potatoes Peas & Carrots Orange & Milk	29 Shepherd's Pie Winter Blend Roll w/ Butter Diced Peaches Milk	30 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk	31 Chicken Salad On Lettuce, Quinoa Salad Orange Milk	

Menu substitutions may occur without notice. Members 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.