

- **Stay Hydrated**

It is easy for seniors to become dehydrated, especially during hot summer months where you are more likely to be outside losing valuable fluids through sweat. Make sure you stay hydrated by not just drinking plenty of water throughout the day, but by consuming nutrient-dense fruits and vegetables that are chock-full of water as well as cucumbers, spinach, grapes, celery, carrots, watermelon, and cantaloupe.

- **Complement Your Diet with Exercise**

Give your body a reason to use up all those wonderful vitamins and minerals you are consuming by finding fun, active ways to exercise each day. Sunny summer days provide the perfect opportunity to get outside and participate in activities like hiking, cycling, swimming, golfing, playing tennis, practicing yoga, and canoeing.

- **Eat Fresh**

Take advantage of all the fresh fruits and vegetables summer has to offer by way of local farmers markets, grocers, and roadside stands. It's your chance to skip out on the frozen meals or canned goods you may be used to and instead opt for farm-fresh options like summer squash, heirloom tomatoes, and all great things fresh.

- **Tackle Your Biggest Culprits**

It is never too late to get your diet under control when it comes to your health. If you have been recommended to adjust your meals due to concerns over blood pressure, diabetes, weight, or even osteoporosis, now is the time to set yourself up for success the second half of the year.

Thank you to our menu sponsor.

To learn more call (719) 314-2327
or visit www.rmhcare.org



**Rocky Mountain
PACE**

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Nutrition
Education






5 Summer Nutrition Tips

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs and lots of eating out. When it comes to chopping down on all your favorite summer staples, a few healthy swaps can go a long way towards improving your nutrition:

- ◆ Swap ice cream for low-fat yogurt in your favorite shakes and smoothies.
- ◆ Swap refined white sugars for natural alternatives like honey, maple syrup, or dates in your baked goods.
- ◆ Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber or lavender.
- ◆ Swap processed salad dressings for olive oil, balsamic vinegar and lemon juice.
- ◆ Swap butter on your toast for fresh avocado (add sliced tomato and a little salt and pepper for a super snack).

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.

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Chicken Cordon Bleu Sweet Potatoes Peas & Carrots Orange & Milk	4 Beef Pot Pie Buttermilk Biscuit Lima Beans Apple Milk	5 Chicken Alfredo Pasta Peas Diced Tropical Fruit & Milk	6 BBQ Beef Sandwich, Green Beans, Corn Coleslaw, Diced Mango & Milk	7 Sweet & Sour Beef, Rice Vegetables Cookie, Pear Milk
10 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	11 Cheese Ravioli Succotash, Roll w/Butter Diced Tropical Fruit & Milk	12 <u>Chef's Choice</u> 	13 Chicken & Dumplings, Broccoli, Cookie, Strawberry Applesauce, Milk	14 Goulash w/ Cheese, Green Beans Almondine Apple Milk
17 Crab Cake Broc-Ched Rice, Green Beans, Roll w/Butter Orange & Milk	18 Pork Chop w/Country Gravy Mashed Potatoes Succotash Apple & Milk	19 Pork & Beef Meatballs w/ Marinara Sauce, Pasta, Broccoli Banana & Milk	20 Tuna Salad With Bread Couscous Salad Apple sauce Milk	21 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk
24 Teriyaki Meatballs, Brown Rice, Succotash Orange Milk	25 Beef Tips Mashed Potatoes Brussel Sprouts Apple Milk	26 <u>Chef's Choice</u> 	27 Pork Carnitas Scream, Salsa & Tortillas, Pinto Beans, Mexican Corn, Diced Peaches & Milk	28 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm 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!