

Several studies have identified protein as the key nutrient for muscle and bone health as we age into late adulthood. To stay living independently you need to maintain muscle mass and strength. As you age it is harder to maintain the muscle mass you have, and you actually need MORE protein than when you were younger. Besides maintaining your muscle mass, protein helps with maintaining your immune system to fight off becoming sick, it also helps carry and store nutrients, and helps build up and break down nutrients.

The newer recommendations call for seniors to eat between 25 to 30 grams of protein in each meal. A good recommendation is to eat your protein foods first in your meal.

Protein is found in many foods but some have more than others. High protein foods come from animals from meat, dairy, and eggs. Try to eat meat that is lower in fat. Lean ground meats include beef with a lower percentage of fat content. Turkey or chicken without the skin. Fish or shellfish and eggs. Try to grill or bake to keep the fat content low, or drain off the fat after cooking. Each one ounce serving of meat or one egg provides about 7 grams of protein so a regular size hamburger would provide you with about 21 grams.

Dairy includes milk, cheese, cottage cheese and yogurt. Same as the meat, try to choose lower fat options. A serving from this group provides between 7-9 grams of protein. About 2/3 cup of Greek yogurt packs about 14g of protein. Dairy is important as it also provides other key nutrient like Vitamin A and D, calcium and phosphorus to maintaining your bones.

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

## November 2024 Home Delivered Meals



### Powerful Protein!

#### Here are some tips to add extra protein to meals and snacks:

- Add beef or chicken to soups, canned spaghetti sauce or pasta dishes
- Have cottage cheese with fruit
- Put nuts or beans in your salad
- Put peanut butter on crackers, bread, waffles or carrots and celery sticks
- Mix hard boiled eggs with tuna or a salad
- Have a Greek yogurt with nuts sprinkled on top or have a Greek yogurt smoothy
- Canned fish with crackers
- Use hummus or nut butter as a tasty spread

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mango Milk	2 Pork Chop Mashed Potatoes Succotash Apple Milk
3 Tuna Casserole Roasted Butternut Squash Pear Milk	4 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear & Milk	5 Beef Stroganoff WW Penne Pasta Brussel Sprouts Apple Milk	6 <b><u>Chef's Choice</u></b>  Chicken	7 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	8 Cheese Ravioli Succotash Roll w/Butter Diced Tropical Fruit & Milk	9 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk
10 Chicken Chimichanga & Cheese SW Black Beans Spanish Rice Banana & Milk	11 Stuffed Bell Pep- per Baby Bakers Carrots Orange Milk	12 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	13 Loaded Potato Soup Winter Blend Veg Pear Milk	14 Swedish Meatballs WW Pasta Brussel Sprouts Banana Milk	15 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple & Milk	16 Teriyaki Meat- balls Brown Rice Succotash Orange Milk
17 Crab Cake Broc/Cheddar Rice, Green Bean Almondine, Roll w/Butter, Orange Milk	18 Chicken Caccia- tore WW Pasta Green Beans Diced Pears Milk	19 <b><u>Chef's Choice</u></b>  Pork	20 Roast Turkey w/ Gravy Mashed Pota- toes, Corn Roll w/ Butter Apple Pie & Milk	21 Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Succotash Orange & Milk	22 Riblets Baked Potato Baked Beans Applesauce Milk	23 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk
24 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	25 Chicken Teriyaki Brown Rice Succotash Orange Milk	26 Spaghetti w/ Meat Sauce Italian Blend Veg Roll w/ Butter Banana & Milk	27 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	28 Silver Key closed in observance of Thanksgiving	29 Silver Key closed in observance of Thanksgiving	30 Beef Tips Mashed Pota- toes Brussel Sprouts Apple & 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.

