

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 overeating. 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.

Your body digests protein more slowly than other nutrients (like carbs), so it's best if you spread a bit out over several meals throughout the day rather than trying to fit too much into one sitting.

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. Aside from low calcium intake being linked to weak bones, getting enough calcium has also been associated with a reduced risk of cancer and heart disease.

Thank you to our menu sponsor!

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



719-884-2300

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HOME DELIVERED MEALS

March 2025



NUTRITION EDUCATION

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.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Have a happy Easter and St. Patrick's Day!						1 Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce, Milk
2 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	3 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	4 Beef Stroganoff WW Penne Pasta Brussels Sprouts Apple & Milk	5 Chef's Choice: Pork	6 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	7 Bell Pepper Casserole, Red potatoes Peas and Carrots Pear & Milk	8 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk
9 Goulash w/Cheese Green Bean Almondine Apple & Milk	10 Shepard's Pie Winter Blend Veg, Roll w/ Butter, Diced Peaches & Milk	11 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	12 Pork Pot Roast w/ Celery & Onion Red Potatoes Carrots Orange & Milk	13 Spaghetti w/ Meat Sauce Monterey Blend Roll w/ Butter Apple & Milk	14 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear & Milk	15 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk
16 Chicken Alfredo WW Pasta Peas Tropical Fruit Milk	17 Chicken Cacciatore Pasta Green Beans Diced Pears & Milk	18 Chef's Choice: Chicken	19 Baked Chicken Mash Potatoes Carrots, Orange Oatmeal Raisin Cookie & Milk	20 Swedish Meatballs Pasta Brussels Sprouts Applesauce & Milk	21 Chicken Marsala Red Potatoes Brussels Sprouts Apple & Milk	22 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk
23 Sweet & Sour Beef, Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	24 Chicken Teriyaki Brown Rice Succotash Orange & Milk	25 Baked Ziti Bahama Veg Apple & Milk	26 Beef & Barley Soup Red Potatoes Roll w/ Butter Orange & Milk	27 Chicken Ala King Jasmine Rice Green Beans Apple & Milk	28 Beef Bourguignon Red Potatoes Broccoli Orange & Milk	29 Beef Tips Mashed Potatoes Brussels Sprouts Apple & Milk
30 Teriyaki Meatballs Brown Rice Succotash Orange & Milk	31 Beef Burrito Spanish Rice SW Black Beans Diced Mango Milk	<i>Menu substitutions may occur without notice.</i>				
Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.						