

NUTRITION EDUCATION *cont.*

According to the National Institutes of Health, hypokalemia in seniors can sometimes be brought on by certain heart and blood pressure medications and can cause problems with heart and muscle function. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

SPICES

Spices have numerous potential health benefits. For example, turmeric contains active plant compounds called curcuminoids that have been shown to be beneficial in fighting off diseases such as Alzheimer's, Parkinson's, and cancer. Cinnamon can help people with type 2 diabetes control their blood sugar, total cholesterol, and triglycerides. Get creative with your seasonings this summer by incorporating spices like ginger, cumin, saffron, nutmeg, cayenne pepper, and paprika into your recipes.

DEVEILED EGGS AND EGG SALAD

Sometimes forgotten as a member of the protein portion of the recommended daily food groups, eggs are a good source of protein and contain many essential vitamins and minerals, including vitamins A, D, E, B6 and B12. It's not just egg whites that contain health benefits; egg yolks contain choline, lutein and zeaxanthin—several nutrients that are essential for good eye health. These nutrients help prevent age-related eye diseases like macular degeneration and cataracts.

Thank you to our menu sponsor!

To learn more call 719-314-2327
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CONNECTIONS CAFÉ
May 2025



NUTRITION EDUCATION

SENIOR FRIENDLY BARBECUE BASICS

Watermelon

The days are getting warmer and longer, inspiring people to get outside and enjoy the sunny weather by barbecuing or going on picnics.

Synonymous with summer, this juicy fruit is not only low in fat, but it also contains a staggering amount of nutrients. Pound for pound, watermelon has more lycopene than any other fresh fruit or veggie. Also found in tomatoes, lycopene is an antioxidant that has been shown to combat certain forms of cancer and heart disease. Watermelon is also packed with potassium, which can benefit seniors suffering from potassium deficiency, or hypokalemia. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.vegetables.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mango	2 <i>Chef's Choice: Fish</i>
5 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	6 Beef Stroganoff WW Penne Pasta Brussels Sprouts Apple Milk	7 Chicken Teriyaki Brown Rice Succotash Orange Milk	8 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	9 Bell Pepper Casserole Roasted Red Potatoes, Peas and Carrots, Pear and Milk
12 Shepard's Pie W/ Cheese, Winter Blend Veg, WW Roll w/ butter Diced Peaches, Milk	13 Sweet & Sour Chicken Brown Rice, Asian Veg High Fiber Cookie Pear & Milk	14 Pork Pot Roast w/Celery and Onion Roasted Red Potatoes, Carrots Orange, Milk	15 Spaghetti w/ Meat Sauce, Monterey Blend WW Roll w/Butter Apple Milk	16 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk
19 Chicken Cacciatore WW Pasta, Green Beans Diced Pears Milk	20 <i>Chef's Choice: Pork</i>	21 Baked Chicken W/ Gravy, Mashed Potatoes, Carrots, Orange, Oatmeal Raisin Cookie, Milk	22 Swedish Meatballs WW Pasta Brussels Sprouts Applesauce Milk	23 Chicken Marsala Roasted Red Potatoes Brussels Sprouts Apple, Milk
26 Silver Key closed for Memorial Day	27 Baked Ziti Bahama Veg Apple Milk	28 Beef and Barley Soup Roasted Red Potatoes Roll w/ Butter, Orange Milk	29 Chicken Ala King Jasmine Rice Green Beans Apple Milk	30 Beef Bourguignon Roasted Red Potatoes Broccoli, Orange Milk

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

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.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!