

NUTRITION EDUCATION cont.

- **Avoid excessive alcohol.** Calories from alcohol add up fast—the average beer has 140 calories and a 5-ounce glass of wine has 100 calories. Too many alcoholic beverages can also lower your instincts and make you likely to snack. Stick to one or two drinks or offer to be the designated driver, so you don't feel inclined to drink all of your calories.
- **Slow down.** Try to enjoy each bite. Put your fork down while chewing and drink some water between each bite. This will give your body enough time to alert your brain that you are getting full.
- **Use technology.** With electronic devices more popular than ever, there are plenty of free apps that count calories, help you track what you eat and even provide guidance on healthy food choices. Apps such as MyFitnessPal or MyPlate Calorie Tracker are great for helping you manage your diet through the holiday season.
- **Pay attention.** Don't eat while you're watching your favorite show or sitting at the computer. It's not even a good idea to eat while you're in the kitchen or talking on the phone. When you eat while distracted, you're more likely to lose track of how much you have consumed.

Thank you to our menu sponsor!

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

719-884-2300

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CONNECTIONS CAFÉ
December 2025



NUTRITION EDUCATION

GIVE AND TAKE IN HOLIDAY FEASTING

With the holidays fast approaching, tempting foods start to make their appearance. However, it's important to be mindful when it comes to eating yummy yet unhealthy foods.

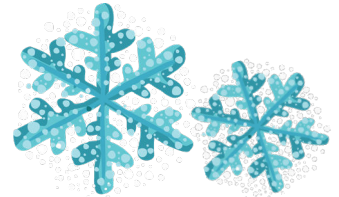
According to the American Heart Association, about 18 percent of people say it's hard for them to eat healthy because they don't want to stop eating their favorite foods around the holidays. The great news is that you don't have to! You can still enjoy your favorite foods, in moderation.

Here are five friendly reminders to ensure you maintain your weight throughout the holidays:

- **Portion Control.** During the holidays, it's easy to want to binge on all your favorite foods and desserts, but try to eat smaller, less frequent portions. This way, you're not depriving yourself and you can still enjoy the holiday festivities.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk	2 Chicken Alfredo WW Pasta Peas Tropical Fruit Cup Milk	3 Sweet and Sour Beef Brown Rice, Asian veg Peaches & Creme Cup, High Fiber Cookie & Milk	4 Chicken Cordon Bleu Sweet Potatoes w/ Figs & Nuts, Peas & Carrots Orange Milk	5 Slow Roasted Beef w/ Beef Gravy, Mashed Potatoes, Peas, Roll w/ Butter, Pear Cup & Milk
8 Cheese Ravioli Succotash Roll w/ Butter Mango Cup Milk	9 Southwestern Chicken w/ Cheese, Spanish Rice, Pinto Beans, Pineapple Cup Milk	10 Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Blueberry Cobbler Milk	11 Teriyaki Meatballs Pork & Beef, Brown Rice Succotash Orange Milk	12 Breaded Pollock Mac & Cheese, Brussels Sprouts w/ Parm Apple Milk
15 Beef Chili w/Cheese Baked Potato w/Sour Cream, Peaches & Crème Cup & Milk	16 Baked Holiday Ham Sweet Potatoes, Broccoli Roll w/ Butter, Cherry Pie Milk	17 Chicken Parmesan w/ Marinara Sauce, WW Pasta, Capri Blend Veg Pear, Milk	18 Chicken Chimichanga w/ Enchilada Sauce, SW Black Beans, Spanish Rice Mango Cup & Milk	19 Tuna Casserole Spiced Apples Roll w/ Butter Milk
22 Meatballs Pork & Beef w/ Marinara & Parm, WW Pasta, Succotash, Applesauce Cup, Milk	23 Lemon Pepper Chicken Wild and Brown Rice, Lima Beans, Mandarin Orange Cup & Milk	24 Christmas Eve Closed	25 Christmas Eve Closed	26 Chicken & Dumplings, Broccoli High Fiber Cookie, Strawberry Applesauce Cup, Milk
29 Creamy Mushroom Soup Roasted Sweet Potatoes w/Figs & Nuts, Succotash Applesauce Cup, Milk	30 Chicken Piccata, WW Pasta, Winter Blend Veg w/ Parm, Pear Milk	31 New Year's Eve Closed		

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!