

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!

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**Rocky Mountain
PACE**

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Silver Key™ HOME DELIVERED MEALS 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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Chicken Cacciatore w/ Parm, WW Pas- ta, Green Beans Pear Cup Milk	2 Baked Ziti Bahama Veg Apple Milk	3 Chicken Pot Pie w/ Buttermilk Biscuit, Lima Beans Pear Milk	4 Chicken Ala King Jasmine Rice Green Beans Apple Milk	5 Meatballs Pork & Beef w/ Marinara & Parm, WW Pasta Succotash, Apple- sauce Cup, Milk	6 Chicken Piccata, WW Pasta, Winter Blend Veg w/ Parm Pear Milk
7 Beef Goulash w/ Cheese, Green Bean Almondine Apple Milk	8 Lasagna Roll w/ Meat Marinara Sauce, Broccoli Pear Milk	9 Chicken Alfredo WW Pasta Peas Tropical Fruit Cup Milk	10 Sweet and Sour Beef, Brown Rice Asian veg, Peaches & Creme Cup, High Fiber Cookie & Milk	11 Chicken Cordon Bleu, Sweet Pota- toes w/ Figs & Nuts Peas & Carrots Orange, Milk	12 Slow Roasted Beef w/ Beef Gravy, Mashed Potatoes Peas, Roll w/ But- ter, Pear Cup, Milk	13 BBQ Chicken Sweet Potatoes Peas & Carrots Orange Milk
14 Beef Tips and Gravy, Mashed Potatoes, Brussels Sprouts, Apple Milk	15 Cheese Ravioli Succotash Roll w/ Butter Mango Cup Milk	16 Southwestern Chicken w/Cheese Spanish Rice Pinto Beans Pineapple Cup Milk	17 Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Blueberry Cobbler Milk	18 Teriyaki Meatballs Pork & Beef Brown Rice Succotash, Orange Milk	19 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm, Apple Milk	20 Swedish Meatballs w/ WW Pasta Brussels Sprouts Applesauce Cup Milk
21 Baked Chicken w/ Gravy, Mashed Potatoes, Carrots Oatmeal Raisin Cookie, Orange & Milk	22 Beef Chili w/ Cheese, Baked Po- tato w/Sour Cream Peaches & Crème Cup, Milk	23 Baked Holiday Ham, Sweet Pota- toes, Broccoli, Roll w/ Butter, Cherry Pie, Milk	24 Chicken Parmesan w/ Marinara Sauce WW Pasta, Capri Blend Veg, Pear Milk	25 Chicken Chimichan- ga w/Enchilada Sauce & Cheese, SW Black Beans, Spanish Rice, Mango Cup, Milk	26 Tuna Casserole Spiced Apples Roll w/ Butter Milk	27 Shepard's Pie w/ cheese, Winter Blend Veg, WW/ Roll w/ Butter Peach Cup, Milk
28 Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	29 Meatballs Pork & Beef w/ Marinara & Parm, WW Pasta Succotash, Apple- sauce Cup, Milk	30 Lemon Pepper Chicken, Wild and Brown Rice, Lima Beans, Mandarin Orange Cup & Milk	31 Beef Goulash w/ Cheese, Green Bean Almondine Apple Milk			

Menu substitutions may occur without notice.

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.