

Do Seniors NEED Dietary Supplements?

So, what are consumers to do when faced with all this conflicting information? Your best bet is to consult an expert. A doctor or registered dietician should be the only sources for information and advice on dietary supplementation. A friend, neighbor, employee at a health food store or sponsor on a commercial shouldn't be trusted to provide sound guidance regarding these products. Another rule of thumb is that no pill can replace a balanced diet. Your motto should always be 'food first'.

If a little is good, then a lot must be better right? That doesn't necessarily apply to vitamins and minerals. In a best case scenario, taking too much of a certain supplement simply results in the body flushing out the extra compounds it doesn't need, but this still boils down to wasted money.

Depending on the supplement, the age and health of the individual, taking too much could be harmful. Large doses of some vitamins, minerals and even some herbs can cause side effects, such as nausea, diarrhea, constipation, fainting, headaches, seizures, heart attack, or stroke, and even lead to liver or kidney damage.

When you use any dietary supplement for a health problem, it is important to understand that you are using that supplement as a drug. It is still important to work with a physician or registered dietician to determine if supplementation is necessary and how to pursue it safely. If you'd like to speak with our dietician, please call Silver Key and ask for a consult.

Thank you to our menu sponsor.

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



**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services







Dietary Supplements and the Elderly

Many seniors and their caregivers think, "If these 'healthy' products are so widely available and have such incredible benefits, why not give them a try? It can't hurt, right?" The truth is that not everyone needs to supplement their diet and the benefits may not be as impressive as the industry would have you believe. In some cases, dietary supplements can be detrimental to a person's health.

Even medical researchers have a difficult time proving the benefits of dietary supplements. A recent study on highly touted omega-3 fish oil concluded that it wasn't effective in reducing a person's mortality risk or their risk of suffering a heart attack or stroke. These results were contrary to the popular notion that omega-3 fatty acids may help prevent and manage heart disease.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tuna Salad WW Bread Couscous Salad Applesauce Milk	2 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk
5 Chicken Cordon Bleu Sweet Potatoes w/Dates & Nuts Peas & Carrots Orange & Milk	6 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple Milk	7 Cheese Ravioli Succotash Roll w/ Butter Diced Tropical Fruit Milk	8 BBQ Beef Sandwich Green Beans, Corn Coleslaw Diced Mangos Milk	9 Chicken Alfredo WW Pasta Peas Diced Tropical Fruit Milk
12 Teriyaki Meatballs Brown Rice Succotash Orange Milk	13 Goulash w/ Cheese Green Bean Almondine Apple Milk	14 <u>Chef's Choice</u> 	15 Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce & Milk	16 Crab Cake Broc & Ched Rice, Green Bean Al- mondine, Roll w/ Butter, Orange Milk
19 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear Milk	20 Southwestern Chicken Spanish Rice Pinto Beans Orange Milk	21 Meatballs w/Marinara Sauce, Pasta, Broccoli Banana Milk	22 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear Milk	23 Chicken Piccata w/Pasta Winter Blend Veg w/ Parm Cherry Cobbler Milk
26 Chicken Chimichanga w/ Enchilada Sauce & Cheese SW Black Beans Spanish Rice Banana & Milk	27 Beef Tips Mashed Potatoes Brussel Sprouts Apple Milk	28 <u>Chef's Choice</u> 	29 Pork Carnitas w/ Sour Cream, Salsa & Tortillas, Pinto Beans, Mexican Corn, Diced Peaches & Milk	30 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple Milk

We value your feedback!!

At the end of the month, return your menu to your café specialist and write in a 1-3 rank on the day's entree.

1=Don't love it;

2=It's Good;

3=LOVE it!