

- **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

Thank you to our menu sponsor.

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

A Program of Rocky Mountain Health Care Services



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.

Menu substitutions may occur without notice.

Members are advised to keep a three-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
2 Teriyaki Meatballs Brown Rice Succotash Orange Milk	3 Chicken Alfredo WW Pasta Peas Diced Tropical Fruit Milk	<u>Chef's Choice</u> Pork 	5 Beef Tips Mashed Potatoes Brussels Sprouts Apple Milk	6 Chicken Chimichanga w/ Enchilada Sauce & Cheese, Black Beans Rice Banana & Milk
9 Crab Cake Broc Cheddar Rice, Green Bean Almondine Roll w/Butter Orange & Milk	10 Chicken & Dumplings, Broccoli High Fiber Cookie Strawberry Applesauce & Milk	11 Pork Chop Country Gravy Mashed Potatoes Succotash Apple & Milk	12 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange Milk	13 Pork & Beef Meat- balls w/Marinara Sauce and Pasta Broccoli Banana & Milk
16 Mushroom Soup Roasted Root Vegetables Succotash Pear Milk	17 Cheese Ravioli Succotash Roll w/ Butter Diced Tropical Fruit Milk	18 Baked Holiday Ham, Sweet Potatoes, Broc- coli, Roll w/ Butter, Cherry Pie & Milk	19 <u>Chef's Choice</u> Chicken 	20 Chicken Cordon Bleu Sweet Potatoes w/Figs and Nuts Broccoli Banana & Milk
23 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	24 Christmas Eve Silver Key closed	25 Christmas Day Silver Key closed	26 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	27 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk
30 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk	31 New Year's Eve Silver Key closed			

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!