



October 2026 Dinner Specials



SUNDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know? - Everything is priced a la carte - Breakfast is served 7:30-10am - Lunch is served 11:30-2pm - Dinner is served 5-7pm				<u>A La Carte</u> Entrée.....\$8.00 Starch.....\$2.00 Vegetable.....\$2.00	1 Meatloaf Mashed Potatoes Roasted Carrots	2 Greek Turkey Burger Orzo Salad Greek Salad	3 Sausage & Kale Alfredo Sweet Potato House Salad
4 Chicken Cordon Bleu Macaroni & Cheese Roasted Broccoli	5 Turkey Picatta Mushroom Barley Grilled Asparagus	6 Gyro Couscous Hummus & Veggies	7 BBQ Chicken Pasta Salad Corn on the Cobb	8 Bento Beef Salad Soba Noodles Peas & Carrots	9 Tacos Al Pastor Spanish Rice Chips and Guac	10 French Dip Potato Wedges Coleslaw	
11 Shrimp Scampi Bread Stick Asparagus	12 Turkey Pot Pie Cheddar Biscuit Garden Salad	13 Burger Bar Onion Rings Greek Salad	14 Chicken Alfredo Focaccia Bread Roasted Brussel Sprouts	15 Pork Tenderloin Roasted Red Potatoes Roasted Cauliflower	16 Chicken Tikka Masala Naan Flatbread Carrot-Cumin Slaw	17 Gringo Tacos Black Beans Pico de Gallo & Chips	
18 Brisket Corn Bread Roasted Carrots	19 Lemon Pepper Tilapia Wild Rice Steamed Carrots	20 Enchilada Casserole Spanish Rice Chili Lime Corn	21 Chinese Beef with Broccoli and Rice Veggie Spring Rolls Pot Stickers	22 Chicken Parmesan Garlic Bread Green Beans	23 Beer Battered Cod Macaroni Salad Creamy Coleslaw	24 BBQ Ribs Baked Beans Corn on the Cobb	
25 Lasagna Garlic Bread Sauteed Zucchini	26 Salmon Caesar Salad Dinner Roll Minestrone Soup	27 Carnitas Burrito Bowl Rice and Beans Chips & Guacamole	28 Cobb Salad Couscous Cucumber Salad	29 Flank Steak Scalloped Potatoes Kale Salad	30 Crispy Chicken Sandwich Macaroni & Cheese Creamed Spinach	31 Halloween Autumn Chili in a Bread Bowl Spaghetti Squash Apple Crisp 	

Aspen Valley Health's Vision is to be the leader in fostering our community as the healthiest in the nation. We invite you to nourish your body with one of our delicious daily specials (**vegan lunch options available M-F**). You can also build a salad at our salad bar, choose one of our homemade soups or select a grab-and-go item from the cooler.

Navigating Weight Loss with Obesity Medications

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Obesity medications — commonly known as GLP-1s (glucagon-like peptide 1 receptor agonists) and GIPs (gastric inhibitory polypeptide receptors) — have become increasingly common in recent years. This is partly due to their effectiveness in treating multiple health conditions including Type 2 diabetes, obesity, chronic kidney disease, coronary heart disease and obstructive sleep apnea.

Who's Eligible for Obesity Medications? People must meet certain criteria to take obesity medications. Individuals may qualify if they have a minimum body mass index (BMI) of 27 with at least one of the following qualifying health conditions:

- Type 2 diabetes
- Hypertension
- Obstructive sleep apnea
- Prediabetes
- High cholesterol
- Cardiovascular disease

Alternatively, individuals with a BMI of 30 or greater with no additional health conditions may also be eligible for these medications. Age is another consideration. Semaglutide has been approved for patients ages 12 and older, whereas tirzepatide is approved for patients 18 and older.

Insurance companies vary on which medications are covered. Most state Medicaid plans' coverage also vary. Some programs may require trying another medication before GLPs or GIPs can be approved. Currently, Medicare Part D will only cover these medications for a diagnosis of Type 2 diabetes.

Nutrition-Related Side Effects The side effects from starting these medications or when increasing doses is a reason some patients decide to stop treatment. Side effects may include:

- Constipation
- Low blood sugar (if taking insulin or other oral hypoglycemics)
- Nausea
- Muscle loss
- Acid reflux or heartburn
- Increased risk of osteoporosis and osteopenia
- Diarrhea

Additionally, these medications may not be appropriate for certain individuals, for example, those with a history of pancreatitis, certain types of cancer, gastroparesis, severe inflammatory bowel disorder (IBD), Type 1 diabetes or eating disorders. Research is limited on the effect of obesity medications when pregnant or breastfeeding. These medications also have been shown to interfere with birth control, antibiotics, antidepressants and blood thinners. A registered dietitian nutritionist (RDN) can help individuals manage these side effects, allowing patients to stay on medication longer and tolerate higher doses.

Food Choices with Weight Management Medications Certain foods can be more difficult to tolerate when taking GLPs and GIPs. For example, foods high in fat may be more difficult to digest, especially on the day of injection. Focus on nutrient-dense food choices and limit or avoid alcohol and foods that are greasy or fried, spicy or high in added sugars. For individuals on these medications, protein will always be a priority. Protein helps stabilize blood sugar, regulate appetite and preserve lean body mass. Recommendations for protein vary based on body weight and treatment goals. Adequate hydration also is important. An RDN can recommend appropriate foods and supplements to help you meet your needs.

Setting Expectations about GLPs and GIPs Expectations should be discussed early in treatment. Patients with Type 2 diabetes often do not lose as much weight as those without Type 2 diabetes. This may discourage some individuals from taking their medication, regardless of glucose improvement. Cost, medication shortages or uncontrolled side effects also may cause individuals to stop taking GLP or GIPs.

Lifelong behavior and lifestyle changes are needed for long-term success. Routine meals with adequate calories, protein and fiber, and appropriate intake of vitamins and minerals, is recommended. Physical activity is important, too. Individuals should aim for 150 to 250 minutes of aerobic exercise per week with two to three days of full-body strength training