

Appendix 1: Diet recommendations for elderly

1. The optimal proportion between animal and vegetable proteins is 1:1. Vegetable proteins are found in grains, legumes, soybeans.

2. It is recommended to cook soups on the secondary broth (the meat is cooked after boiling for 2-3 minutes, then the broth is drained, new water is poured and the soup is already cooked on it. It is needed for the removal of purines that can lead to gout.

3. Avoid the use of smoked products and meat and sausage products.

4. It is better to cook food without adding fat – it is more useful to cook, stew, bake or steam.

5. The use of so-called “simple” carbohydrates should be limited (sugar, sweets - sweets, cakes, pastries).

6. Vitamins and minerals rich food:

– vitamin C: citrus fruits, sweet peppers, black currants, onions, sauerkraut.

– vitamin E: vegetable oils, flaxseed, cereals, milk.

– B group vitamins: fermented milk products, green leafy vegetables, green onions, spinach, nuts.

– vitamin D: daily walks in the fresh air during daylight, plus additional intake prescribed by medical professionals.

– folic acid: leafy green vegetables, kidney beans, liver.

– calcium: dairy products, fish, nuts, poppy seeds.

– magnesium: legumes.

– zinc: fish, eggs, cheese, beef, lamb.

7. The recommended daily intake is 2-3 servings of fruits and 3-4 servings of vegetables. One serving of fruit is one large fruit (apple, pear, orange) or 3-4 small ones (plum, tangerine, strawberry). One serving of vegetables is 1/2 cup chopped cooked vegetables or one cup chopped fresh vegetables.

8. Fluids: it is necessary to drink at least 1.5 L/day. The following drinks can be consumed as well: chicory, rosehip tea, herbal tea, compote from stewed fruits.