

Appendix 4: The proposed food pattern for a more balanced diet among the elderly in Russia

| Day | Eating period | Food pattern |
|---------------------|-----------------|--|
| 1 st day | Breakfast | <ul style="list-style-type: none"> – millet porridge with butter – sandwich with butter and cheese – green tea – fresh fruits |
| | Lunch | <ul style="list-style-type: none"> – salad with fresh carrot, garlic and sunflower oil – potato soup with beef meatballs – one piece of bread – dried fruit compote |
| | Afternoon snack | <ul style="list-style-type: none"> – yogurt – sweet bun “Plushka” |
| | Dinner | <ul style="list-style-type: none"> – steamed fish – mashed potato or pearl barley porridge – one piece of bread – dried fruit compote |
| | Second dinner | <ul style="list-style-type: none"> – a glass of kefir |
| 2 nd day | Breakfast | <ul style="list-style-type: none"> – barley porridge with butter – sandwich with butter and cheese – tea with milk – fresh fruits |
| | Lunch | <ul style="list-style-type: none"> – salad “Olivier” from cooked carrot, potato, green pea and egg – fresh cabbage borscht with chicken – one piece of bread – dried fruit compote |
| | Afternoon snack | <ul style="list-style-type: none"> – cottage cheese casserole with condensed milk and sour cream – cranberry compote – one banana |
| | Dinner | <ul style="list-style-type: none"> – one tomato – cabbage rolls with rice – tea with milk |
| | Second dinner | <ul style="list-style-type: none"> – a glass of ryazhenka |
| 3 rd day | Breakfast | <ul style="list-style-type: none"> – milk noodles with butter – sandwich with butter and cheese – black tea – fresh fruits |
| | Lunch | <ul style="list-style-type: none"> – vinaigrette – mushroom puree soup with chicken broth – buckwheat porridge – dried fruit compote |

| | | |
|---------------------------|---------------------------|---|
| | Afternoon snack | – carrot cutlets with sour cream – chicory |
| | Dinner | – fermented sauerkraut – one boiled egg – braised cabbage with noodles – rosehip tea |
| | Second dinner | – a glass of katyk |
| 4th day | Breakfast | – semolina porridge with butter – sandwich with butter and cheese – cranberry – black tea |
| | Lunch | – herring with onion and vegetable oil – soup “Kharcho” with chicken – mashed potatoes – dried fruit compote |
| | Afternoon snack | – sweet bun with jam – fruit kissel |
| | Dinner | – chicken meatballs with tomato sauce – barley porridge – one piece of bread – herbal tea |
| | Second dinner | – a glass of kefir |
| | 5th day | Breakfast |
| Lunch | | – salad “Crab” – noodles soup with fermented sauerkraut – liver fritters – dried fruit compote |
| Afternoon snack | | – pancakes with sour cream and jam – green tea – raisins, dried apricots, prunes |
| Dinner | | – one tomato – pilaf with chicken meat and raisins – one piece of bread – dried fruit compote |
| Second dinner | | – a glass of unsweetened yogurt |
| 6th day | | Breakfast |
| | Lunch | – vegetable casserole – soup “Solyanka” – one piece of bread |

| | | |
|---------------------------|-----------------|--|
| | | – dried fruit compote |
| | Afternoon snack | – omelet – fruit kissel – sweet bun ‘Plushka’ – dried fruit compote |
| | Dinner | – braised cabbage with beef meat – mashed potato – one piece of bread – rosehip tea |
| | Second dinner | – a glass of ryazenka |
| 7th day | Breakfast | – porridge ‘Druzba’ with butter – sandwich with butter and cheese – cocoa – fresh fruits |
| | Lunch | – sauerkraut – salad ‘Seld’ pod shuboi’ – noodles with minced beef meat – dried fruit compote |
| | Afternoon snack | – cottage cheese casserole – dried fruit compote |
| | Dinner | – buckwheat porridge with vegetables – one piece of bread – green tea |
| | Second dinner | – a glass of katyk |