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

Day	Eating period	Food pattern
		 millet porridge with butter
	Breakfast	- sandwich with butter and cheese
		– green tea
		– fresh fruits
	Lunch	- salad with fresh carrot, garlic and sunflower of
		 potato soup with beef meatballs
		– one piece of bread
1 st day		– dried fruit compote
	Afternoon snack	– yogurt
		– sweet bun "Plushka"
_		- steamed fish
	Dinner	 mashed potato or pearl barley porridge
		– one piece of bread
		– dried fruit compote
	Second dinner	– a glass of kefir
		– barley porridge with butter
	Breakfast	– sandwich with butter and cheese
		– tea with milk
		– fresh fruits
-		- salad "Olivier" from cooked carrot, potato,
		green pea and egg
	Lunch	 – fresh cabbage borscht with chicken
		– one piece of bread
2 nd day		– dried fruit compote
-		- cottage cheese casserole with condensed milk
	Afternoon snack	and sour cream
		 – cranberry compote
		– one banana
-		– one tomato
	Dinner	– cabbage rolls with rice
		– tea with milk
-	Second dinner	– a glass of ryazenka
		– milk noodles with butter
	Breakfast	– sandwich with butter and cheese
		– black tea
		– fresh fruits
		– vinaigrette
		0
3 rd day	Lunch	– mushroom puree soup with chicken broth
3 rd day	Lunch	 mushroom puree soup with chicken broth buckwheat porridge

	Afternoon snack	
		- chicory
	Dinner	- fermented sauerkraut
		 – one boiled egg – braised cabbage with noodles
		 – oralised cabbage with hoodies – rosehip tea
	Second dinner	– a glass of katyk
		- semolina porridge with butter
	Breakfast	– sandwich with butter and cheese
		- cranberry
-		– black tea
	Lunch	– herring with onion and vegetable oil
		- soup "Kharcho" with chicken
		– mashed potatoes
4 th day		– 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
	Breakfast	– millet porridge with butter
		– sandwich with butter and cheese
		– nuts – fresh fruits
		- salad "Crab"
	Lunch	– noodles soup with fermented sauerkraut
	Lunch	 liver fritters
5 th day		– 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
	Breakfast	- rice porridge with milk and butter
		- sandwich with butter and cheese
		– herbal tea
		– nuts
6 th day		– fresh fruits
	Lunch	– vegetable casserole
		– soup "Solyanka"
		– one piece of bread

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