

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	– millet porridge with butter – sandwich with butter and cheese – green tea – fresh fruits
	Lunch	– salad with fresh carrot, garlic and sunflower oil – potato soup with beef meatballs – one piece of bread – dried fruit compote
	Afternoon snack	– yogurt – sweet bun “Plushka”
	Dinner	– steamed fish – mashed potato or pearl barley porridge – one piece of bread – dried fruit compote
	Second dinner	– a glass of kefir
2 nd day	Breakfast	– barley porridge with butter – sandwich with butter and cheese – tea with milk – fresh fruits
	Lunch	– salad “Olivier” from cooked carrot, potato, green pea and egg – fresh cabbage borscht with chicken – one piece of bread – dried fruit compote
	Afternoon snack	– cottage cheese casserole with condensed milk and sour cream – cranberry compote – one banana
	Dinner	– one tomato – cabbage rolls with rice – tea with milk
	Second dinner	– a glass of ryazenka
3 rd day	Breakfast	– milk noodles with butter – sandwich with butter and cheese – black tea – fresh fruits
	Lunch	– 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
		Breakfast
5th day	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	– rice porridge with milk and butter – sandwich with butter and cheese – herbal tea – nuts – fresh fruits
	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