

Questionere S1

An individualized questionnaire prepared according to the guidelines of standardized methods for assessing the nutritional status of the elderly for research purposes

1. Gender of respondents:
2. Age of respondents:
3. Body height of respondents:
4. Bodyweight of respondents:
5. BMI (Body mass index) of respondents:
6. Your weight loss occurred in the past:
 - a) 1 month
 - b) 2 months
 - c) 3 months
 - d) No loss of body weight
7. Weight lost in the past 3 months:
 - a) < 5 kg
 - b) 5 kg
 - c) more than 5 kg
 - d) 0 kg
8. Weight loss in your diet has been due to:
 - a) illness
 - b) change of residence (environment)
 - c) loss of a loved person
 - d) independent life
 - e) loss of taste and smell
 - f) nothing
9. Do you take more than 3 types of medication?
 - a) yes
 - b) no
10. Does taking medication/therapy affect your weight loss?
 - a) yes
 - b) no

11. Are you physically active (eg walking...)?
- a) yes
 - b) no
12. The number of daily meals:
- a) 2
 - b) 3
 - c) more than 3
13. How much water/liquid do you drink daily?
- a) less than 1-liter
 - b) 1-liter
 - c) more than 1 liter
14. How often do you consume protein and fat (meat, fish, legumes, fats)?
- a) every day
 - b) several times a week
 - c) once a week
15. How often do you consume milk and dairy products?:
- a) every day
 - b) several times a week
 - c) once a week
 - d) I do not consume
16. How often do you consume carbohydrates (bread, pasta, cakes)?:
- a) every day
 - b) several times a week
 - c) once a week
17. How often do you consume vegetables?:
- a) every day
 - b) several times a week
 - c) once a week
18. How often do you consume fruits?
- a) every day
 - b) several times a week
 - c) once a week

19. Metabolic needs due to disease:

- a) Do you have an increased need to eat a certain food?
- b) is there a prescribed diet due to the disease?
- c) no metabolic needs

20. Have you recently reduced in your diet the intake of:

- a) protein and fat
- b) milk, dairy products
- c) carbohydrates
- d) vegetables
- e) fruits
- f) nothing

21. How long does such a change in your diet last):

- a) 3 months
- b) 6 months
- c) 12 months
- d) no change

22. Has your current state of health affected the change in your diet recently?

- a) yes
- b) no
- c) I can't estimate, I don't know

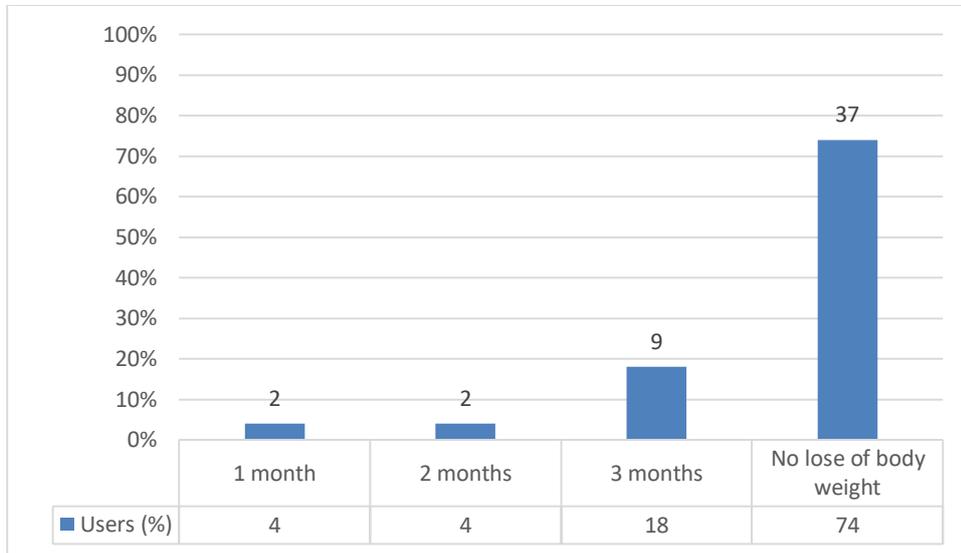
23. Do you have problems with:

- a) nausea
- b) vomiting
- c) diarrhoea
- d) digestive tract constipation
- e) nothing

24. Level of independence in consuming meals:

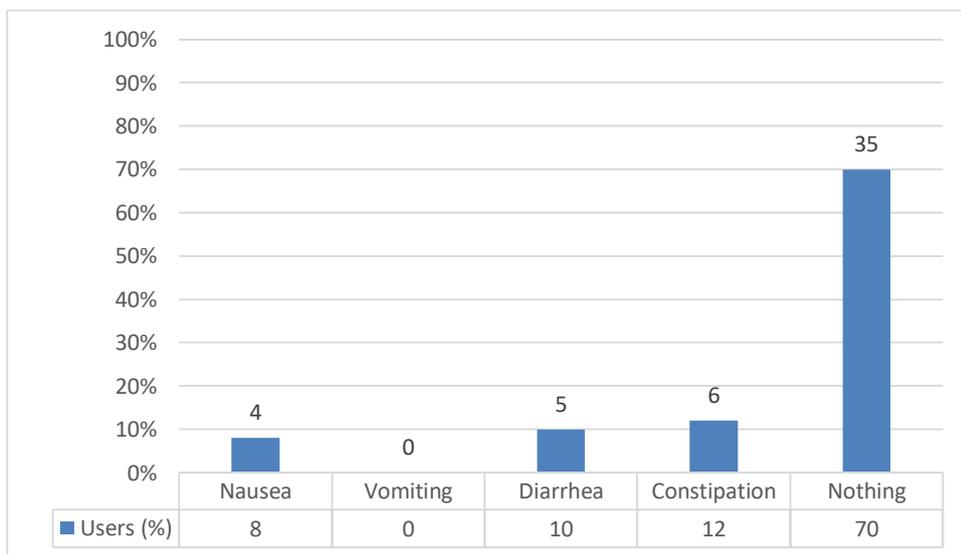
- a) complete independence
- b) partial independence

Figure S1



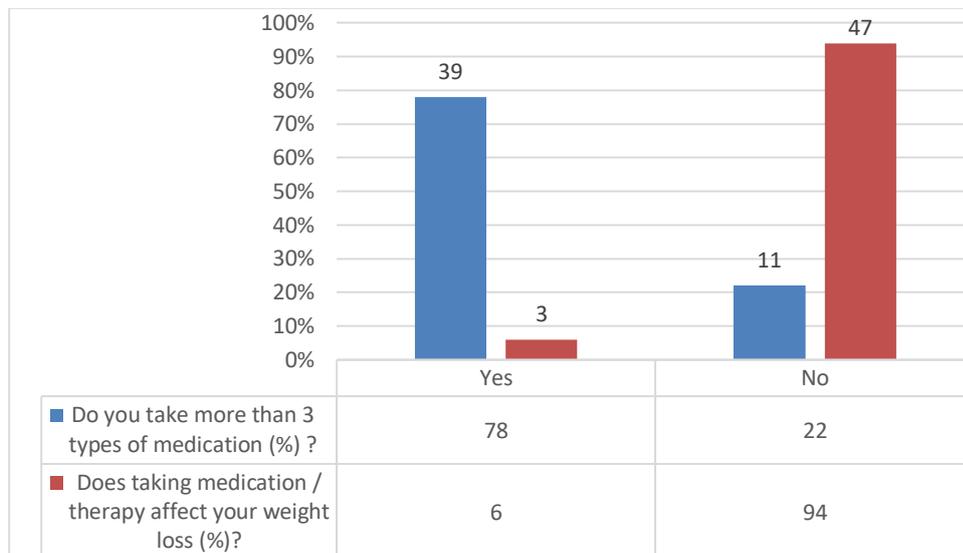
Distribution of users according to weight loss over a period of 1 month, 2 months and 3 months in absolute and relative terms.

Figure S2



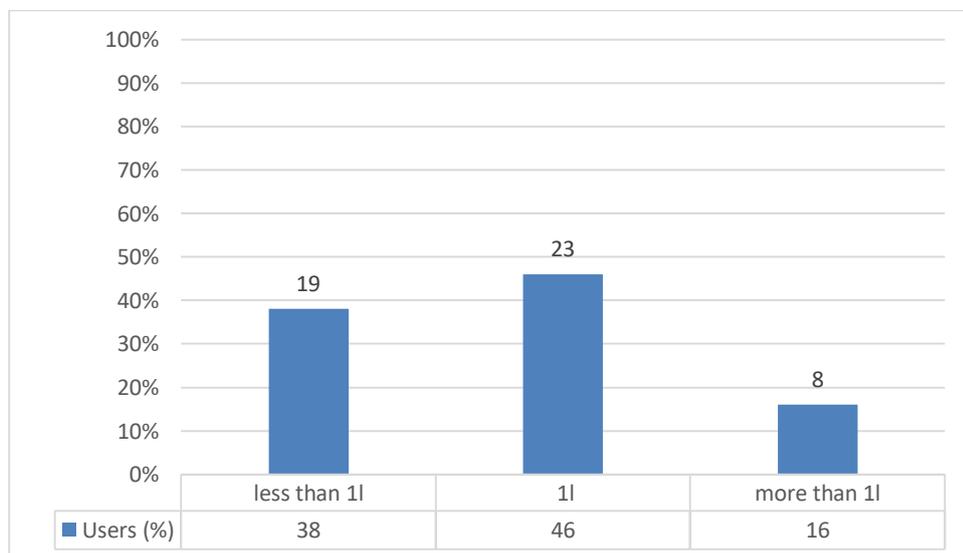
Review of the user's response to a question about the presence of gastrointestinal symptoms in absolute and relative terms

Figure S3



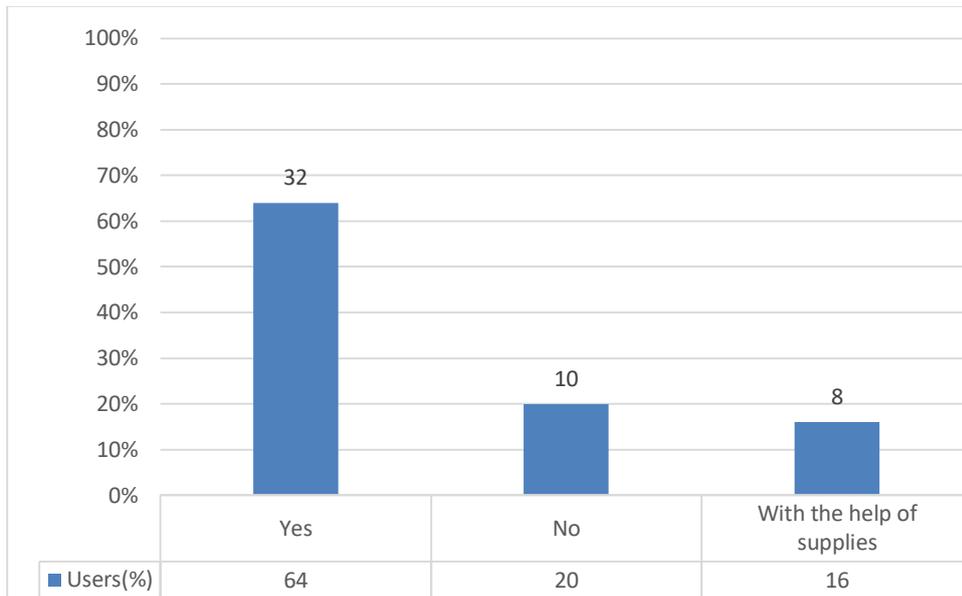
Review of user's response to a question about taking medication and the effect of therapy on weight loss in absolute and relative terms

Figure S4



Distribution of users according to fluid intake daily in absolute and relative terms

Figure S5



Review user's response to a question: Are you physically active? in absolute and relative terms

Table S1

The menu of nursing home used for research

DAY	MELAS	STANDARD DIET	THE GALLBLADDER DIET	DIABETIC DIET	MUSHY DIET
M O N	<i>BREAKFAST</i>	Cocoa, mixed tea, melted cheese	Cocoa, mixed tea, melted cheese	Cocoa, mixed tea, melted cheese	Cocoa
	<i>LUNCH</i>	Paste, bean, sausage	Cauliflower stew, potato, sausage	Paste, bean, sausage	Cauliflower stew, potato, sausage
	<i>DINNER</i>	Baked dough, mixed tea	Baked dough, mixed tea	Baked dough, mixed tea	Baked dough, milk
	<i>SNACK</i>	/	/	Yogurt 0,9%, Kefir	/
T U E	<i>BREAKFAST</i>	White coffee, mixed tea, pašteta	White coffee, mixed tea, butter	White coffee, mixed tea, butter	Cornflakes
	<i>LUNCH</i>	Beef soup, stewed cabbage, boiled pork, mashed potatoes, donut	Beef soup, stewed cabbage, boiled pork, mashed potatoes, donut	Beef soup, stewed cabbage, boiled pork, mashed potatoes, donut	Beef soup, stewed cabbage, boiled pork, mashed potatoes, donut
	<i>DINNER</i>	Rice on milk, scrambled egg soup, cookies petit	Rice on milk, cookies petit	Rice on milk, cookies petit	Rice on milk, cookies petit
	<i>SNACK</i>	/	/	Yogurt 0,9%, sour milk	/
W E N	<i>BREAKFAST</i>	Cocoa, mixed tea, butter and marmalade	Cocoa, mixed tea, butter and marmalade	Cocoa, mixed tea, butter and marmalade	Cocoa
	<i>LUNCH</i>	Vegetable stew, poppy pads	Vegetable stew, apple pads	Vegetable stew, apple pads	Vegetable stew
	<i>DINNER</i>	Dumplings with cheese, mixed tea	Dumplings with cheese, mixed tea	Dumplings with cheese, mixed tea	Dumplings with cheese, milk
	<i>SNACK</i>	/	/	Kefir, melted cheese	/
T H U	<i>BREAKFAST</i>	White coffee, mixed tea, LinoLada	White coffee, mixed tea, butter	White coffee, mixed tea, butter	White coffee
	<i>LUNCH</i>	Beef soup, lasagne with beef, green salad	Beef soup, lasagne with beef, green salad	Beef soup, lasagne with beef, green salad	Beef soup, lasagne with beef, green salad, stewed cabbage
	<i>DINNER</i>	Millet porridge soup, an apple			
	<i>SNACK</i>	/	/	Sour milk, cookies petit	/
F R I	<i>BREAKFAST</i>	Cocoa, mixed tea, fresh cheese	Cocoa, mixed tea, fresh cheese	Cocoa, mixed tea, fresh cheese	Cocoa
	<i>LUNCH</i>	Vegetable soup, breaded fish steak, baked cheese, potato salad	Vegetable soup, breaded fish steak, baked cheese, potato salad	Vegetable soup, breaded fish steak, baked cheese, potato salad	Vegetable soup, breaded fish steak, baked cheese, salt potato
	<i>DINNER</i>	White coffee, yogurt 0,9%, corn mixed spirits	White coffee, yogurt 0,9%, corn mixed spirits	White coffee, yogurt 0,9%, corn mixed spirits	White coffee, corn mixed spirits
	<i>SNACK</i>	/	/	Yogurt 0,9%, an orange	/
S A T	<i>BREAKFAST</i>	White coffee, mixed tea, butter and honey	White coffee, mixed tea, butter and honey	White coffee, mixed tea, butter and honey	Cornflakes
	<i>LUNCH</i>	Beef soup, cabbage stew, mashed potato			
	<i>DINNER</i>	Chicken soup, an orange			
	<i>SNACK</i>	/	/	Sour milk, kefir	/
S U N	<i>BREAKFAST</i>	White coffee, mixed tea, ham	White coffee, mixed tea, ham	White coffee, mixed tea, ham	White coffee
	<i>LUNCH</i>	Beef soup, roast chicken, grinders, green salad, pudding cake	Beef soup, roast chicken, grinders, green salad, pudding cake	Beef soup, roast chicken, grinders, green salad, pudding cake	Beef soup, roast chicken, grinders, stewed cabbage
	<i>DINNER</i>	Apple pie, mixed tea, Yogurt 2,8%	Apple pie, mixed tea, Yogurt 2,8%	Apple pie, mixed tea, Yogurt 2,8%	Cokolino, mixed tea, Yogurt 2,8%
	<i>SNACK</i>	/	/	Yogurt 0,9%, sour milk	/

Figure S6

QS
QUALITY SERVICE

CERTIFICATE

Certificate no. 12792

**CARITASOV DOM ZA STARIJE I NEMOĆNE
OSOBE "SVETI IVAN KRSTITELJ"**
Kukuljevićeva 8
HR-42240 Ivanec, Croatia

QS Zürich AG has been assessed and confirms hereby that the above specified enterprise has introduced and effectively uses a HACCP concept according to the international Codex Alimentarius

HACCP
CAC/RCP 1-1969, REV. 4 (2003)
Recommended International Code of Practice - General Principles of Food Hygiene

The management system includes:

Preparing and serving food and drinks

During the period of validity of this certificate, the management system of the company must always comply with the requirements of the certified standards.

For updated amendments within the scope of certification of the present certificate, please refer to http://www.quality-service.ch/		Audit date:	29.09.2010
		Date of issue:	07.10.2019
		Expiration date:	28.09.2022
		Subject to successful annual audit	

QS Zürich AG
P.O. Box 6335
CH-8050 Zürich
info@quality-service.ch


Management