

## One of the Possible Food Allowance for the Elderly Man and For Domestic Animals

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### Introduction

There are very many people all over the world. Unfortunately, many of them have rather declining years and have different diseases connected, for example, with a head (sclerosis/memory), with eyesight (cataract, glaucoma), with a heart (tachycardia), with lungs (pneumonia) and so on. But let's consider, that the definite man (about 80 years old) doesn't have any problem with his alimentary canal and allergy. In this case the common definite procedure about his health while eating during the day will be described in this article in detail from his breakfast till the supper. And, moreover, there are recommendations for a dog (or a pet) – how to help for the animal to save shape and activity in the flat conditions without any walk.

### Waking up

This man gets up at half past 7±5 minutes as usually: goes to the toilet, further to the bathroom where he makes his sponge-down with cold water from the face till the waist. After that (this procedure) he wipes his face and body by means of a dry towel. Thereupon, he makes his squatting (not more than 12) and goes for a walk (2-3 km along the green boulevard). After that he goes home to wash his hands and face and begins to do his morning exercises with his dumb-bells (3 kg in each hand). These physical exercises he makes from 12 to 33 times using for it the different procedure.

### Breakfast

Usually, it consists of the next:

- A cup of hot coffee (not strong but if it is a strong one, he uses some amount of milk or cream without fail);
- one sandwich without any butter but with a sausage and periodically with a piece of cheese;
- from time to time one bun.

Note: a) instead of coffee you can use a cup of tea and in these both cases put only one tea-spoon of sugar; b) if it is a possibility to eat not more than one tea-spoon (not full) with jam (red whortleberry, bilberry, cranberry, raspberry juice) or honey, please make it. After your breakfast go to the bathroom to swill your teeth and gargle

with cold or warm water (each time!!!).

### Light lunch

At a moon/midday it is recommended to eat a little bit of a cottage cheese (one saucer) with a soured cream and strew it with a small tea-spoon with a sugar plus a little bun. And what about drink? It can be a cup of juice (not very sweet), tea or coffee (read the above recommendation attentively). After your lunch go to the place where there are a wash-basin with a tap to swill your teeth and gargle with cold or warm water (each time!!!).

### Dinner

In principle, there are two versions linked with our eating.  
 Number 1: if we have free time for this action at about 2:00 o'clock (afternoon) till 3:00. Usually, we eat the first dish (soup; my friend prefers to eat soup from a hen or from a turkey-hen and seldom a borsch with one or two piece of black bread). As the additional products he eats one tomato or/and one cucumber plus sometimes he adds one onion or garlic or carrot. Very seldom he uses a dill. There is no potato in the soup, only noodles. The second dish he practically doesn't eat although sometimes eats cutlet/chop or the beef tongue with mashed potatoes. But else he drinks tea or coffee (usually not strong). To the tea/coffee he eats pastry.  
 Number 2: he doesn't eat any food (soap or another dish) but he can eat a sweet or a piece of chocolate but with water without fail (to save the teeth enamel)

### Supper

The time for supper can be both at seven o'clock (the first case 1) and about eleven (before the night – the second case 2).  
 1). If he doesn't eat at seven very many (strong), he only drinks at this time tea or coffee (only one cup, not strong with one tea-spoon with a sugar and not full) plus, maybe, a piece of fruit-cake or another dessert.  
 2). If he wants to have the strong supper with noodles at this time, he is ready to eat roast (meat) without any garnish but with one tomato or one cucumber plus a cup of coffee (as usually, not strong and with one tea-spoon with a sugar). Sometimes he can eat 1-2 sausage with mustard, without any garnish, and one a piece of black bread plus tea or coffee (as usually only one cup as it is described above).

### The late supper

If he didn't eat at seven o'clock (as you can read in position number 4) /maybe, evidently, he was too busy and had no enough time/, then he eats, for example, one sausage or one roast (meat) with mustard and with a piece of black bread without any garnish. After it he usually drinks a cup of tea or eats yoghurt.

That's all and about midnight he plans to go to sleep.

Now here it is some information connected with the particular days, namely: birthday, guests, New Year, anniversary celebrations, ceremonial data, solemn occasion and so on.

In these cases, there are several exchanges:

- wine (not much more than 250 gram);
- different salads;
- beef/kebab;
- mushrooms;
- fishes;
- caviar;
- lamprey;
- cake/pastries;
- ice-cream

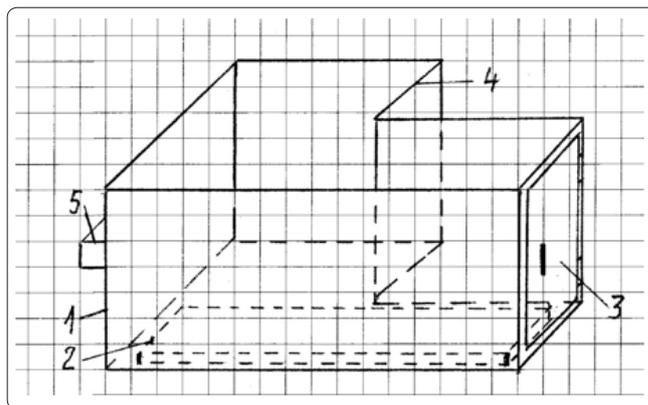
and so on.

At last there are several recommendations connected with the consumption different vegetables and fruits. If it is possible, of course, there are the next vegetables and fruits which will be useful to eat during each three months, namely: carrot, cabbage, apples, pears, plum, grapes, melon, water-melon, peach, grapefruit, mandarins, oranges, lemon, cultivated or/and wild strawberries, cranberry, nuts (walnut), almonds and raisins.

Eating, as it has just described, helps to this man keep good health, figure, blood pressure, nerves very-very long life till 90 years old (approximately). Maybe, some of dear readers will use such recommendations in practice.

For your dogs in accordance with their age and type you can buy Purina Pro Plan, Pro Plan Duo Delice, Royal Canin and many others which help for your home-pets be beautiful and strong. Moreover, your long walk with the dog will be of benefit both to the owner and to the dog.

If the negative situation had happen and an owner cannot go for a walk with a dog because of his illness, the new cage you can use (Fig. 1).



**Figure 1:** Cage for a dog: 1 – design of this cage; 2 – mobile road and the velocity of movement can be corrected; 3 – door; 4 – niche to be resting for your dog 5 – control panel.

This cage helps you to have for the dog to get the active movement including even running.

### Recommendations

There are the next important suggestions.

For the elderly owner of the dog – How to keep good health and figure.

For the dog – Good food and how to get imitation of the active walk in the room conditions.

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