



### Standardized breakfast introduction

Providing a proper breakfast following a prolonged fasting period is particularly crucial for elderly individuals participating in our trial. After fasting, especially in older adults, the body's metabolic processes can be more sensitive and prone to fluctuations. Offering a nutritious breakfast post-evaluation helps replenish essential nutrients, stabilize blood sugar levels, and kickstart metabolism, thereby supporting overall health and well-being. ☀️

### Breakfast proposal

- Bread with olive oil, tomato and Spanish ham
- Coffee or tea
- Fruit



### Material needed

- Dish.
- Spoon.
- Knife.
- Napkins
- Bread
- Olive oil
- Tomato
- Coffee
- Tea
- Fruit

### Budget

Estimated budget for 1 person across the whole trial ( 3 breakfast) - 2 ≈ 3 euros

Estimated budget for the whole trial ≈ 90 euros.