

# How you eat is how you feel

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## About the idea

Improper diet, unsuitable for the older age and health conditions, can result in serious health problems for the elderly persons.

The idea of „How you eat is how you feel” assumes the support of seniors by dietetics students, who will first develop individual diet plans for them (menus, recipes, ingredient lists, etc.), and then monitor their implementation and effects of the process.

## Benefits of the idea

A well-planned diet, used under the supervision of a specialist, will bring effects to seniors – weight change, improvement of metabolism and daily sleep rhythm as well as improvement of other health parameters (e.g. blood pressure).

*The idea broadens the awareness of a healthy lifestyle and supports seniors in changing their eating habits. In the whole process of change, seniors are accompanied by dietetics students*

Hanna Dąbrowska

Do you want to know more about this idea? Go to the website:  
[www.inicjatorpomocy.pl/en](http://www.inicjatorpomocy.pl/en)

### „Inicjator PoMocy”

The „Inicjator PoMocy” competition (eng. „emPOWERment Initiator”) is part of the „PoMoc. Together, we can do more” implemented by the Shipyard Foundation on behalf of the EVZ Foundation (Remembrance, Responsibility and Future). In the competition, we were looking for innovative ideas aimed at improving the quality of life of Nazi persecution survivors.

#### **The competition is funded by the EVZ (Remembrance, Responsibility and Future) Foundation.**

In remembrance of the victims of National Socialist injustice, EVZ Foundation works to promote human rights and understanding between peoples. The Foundation is thus an expression of the continuing political and moral responsibility of the German state, the private sector and society as a whole for Nazi injustice and towards the victims.

More at [www.stiftung-evz.de](http://www.stiftung-evz.de).

#### **The organizer of the „emPOWERment Initiator” competition is the Shipyard Foundation.**

For over 10 years, we have been creating and supporting effective solutions to social problems, involving citizens in deciding on public matters as well as helping other organizations and institutions to better plan and conduct their social activities.

More at [www.stocznia.org.pl](http://www.stocznia.org.pl).

