

Explore Versatile Soup Solutions for Specialty Diets.

Easily meet IDDSI guidelines
with nourishing soups specially
crafted for dysphagia patients
and residents.



Discover a solution that lets you leverage a product already in your pantry to meet special dietary needs.

In just three simple steps, you can adapt **Campbell's®** canned soups to satisfy the needs of individuals with swallowing difficulties. Use this easy-to-follow guide to help create thickened soups featuring the flavors they know and love.



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Dysphagia affects individuals across age groups and in many healthcare settings.

10%–22% of people aged 50 and over

40% of people aged 60 and over

30%–60% in long-term care

Show your patients & residents you care.

Azer SA, Kanugula AK, Kshirsagar RK. Dysphagia. [Updated 2023 Nov 18]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK559174/>



HOW TO PREPARE NOURISHING THICKENED SOUPS

STEP ONE: Prepare Soup Per Can Instructions + Purée + Strain

- **Purée the soup until completely smooth.** High speed blenders are recommended.
- **Strain the soup through a mesh screen.**
- **Check the temperature after straining and reheat if necessary** (recommended temperature: 160°F).

STEP TWO: Add Thickener — Add the pre-weighted thickener to the hot, strained soup.

- **Blend until thickened and ensure the soup is free of clumps.**
- **A blender is highly recommended to ensure the thickener is fully incorporated and activated.**





STEP THREE: IDDSI* Flow Test

- **Prior to serving, perform the IDDSI Flow Test to verify IDDSI Level** (recommended temperature range: 140°F to 150°F).





*The IDDSI Framework provides a common terminology for describing food textures and drink thickness to improve safety for individuals with swallowing difficulties. <https://iddsi.org>

PREPARATION CONTINUED





POWDERED GUM BASE THICKENER*

| Serving Size: 50 oz. Can |  IDDSI Level 0: Thin |  IDDSI Level 1: Slightly Thick |  IDDSI Level 2: Mildly Thick |  IDDSI Level 3: Moderately Thick |
|---------------------------------------|---|---|---|---|
| CHICKEN NOODLE SOUP CODE #01256 | Prepared per can instructions | 10 g | 17.5 g | 37.5 g |
| TOMATO SOUP CODE #00016 | NA | Prepared per can instructions | 7.5 g | 27.5 g |
| CREAM OF MUSHROOM SOUP CODE #01266 | NA | Prepared per can instructions | 7.5 g | 27.5 g |
| CREAM OF CHICKEN SOUP CODE #01036 | NA | NA | Prepared per can instructions | 20 g |





LIQUID GEL BASED THICKENER*

| Serving Size: 50 oz. Can |  IDDSI Level 0: Thin |  IDDSI Level 1: Slightly Thick |  IDDSI Level 2: Mildly Thick |  IDDSI Level 3: Moderately Thick |
|---------------------------------------|---|---|---|---|
| CHICKEN NOODLE SOUP CODE #01256 | Prepared per can instructions | 18.75 g | 75 g | 150 g |
| TOMATO SOUP CODE #00016 | NA | Prepared per can instructions | 75 g | 150 g |
| CREAM OF MUSHROOM SOUP CODE #01266 | NA | Prepared per can instructions | 18.75 g | 75 g |
| CREAM OF CHICKEN SOUP CODE #01036 | NA | NA | Prepared per can instructions | 75 g |

POWDERED GUM BASED THICKENER*

| Serving Size: 7.25 oz. Can |  IDDSI Level 0: Thin |  IDDSI Level 1: Slightly Thick |  IDDSI Level 2: Mildly Thick |  IDDSI Level 3: Moderately Thick |
|--------------------------------------|---|---|---|---|
| CREAM OF CHICKEN SOUP CODE #00443 | NA | NA | Prepared per can instructions | 3.2 g |
| TOMATO SOUP CODE #00447 | NA | Prepared per can instructions | 1.2 g | 4.4 g |

LIQUID GEL BASED THICKENER*

| Serving Size: 7.25 oz. Can |  IDDSI Level 0: Thin |  IDDSI Level 1: Slightly Thick |  IDDSI Level 2: Mildly Thick |  IDDSI Level 3: Moderately Thick |
|--------------------------------------|---|---|---|---|
| CREAM OF CHICKEN SOUP CODE #00443 | NA | NA | Prepared per can instructions | 12 g |
| TOMATO SOUP CODE #00447 | NA | Prepared per can instructions | 12 g | 21 g |

Always test for the appropriate IDDSI levels before serving.

*Reconstituted 50 oz. can of soup is equivalent 100 oz. of prepared soup. This chart is directional and was created using a powdered thickener made from a gum blend and a liquid gel based thickener. Adjustments may be required at time of preparation to meet targeted level.



HEALTHCARE SOLUTIONS

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Campbell's Foodservice is a proud **IDDSI Gold Sponsor**.
Sponsorship funds support IDDSI's mission in bringing further awareness and the
ongoing global implementation of IDDSI to improve the lives of over 590 million
people living with dysphagia.

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