

Explore Versatile Soup Solutions for Specialty Diets



Meet IDDSI guidelines* with
comforting soups modified for
patients and residents with dysphagia.

Discover solutions that let you use products
already in your pantry to meet specialty diet needs,
such as dysphagia.

In just a few steps, you can adapt *Campbell's*®
canned soups to satisfy the needs of individuals
with swallowing difficulties. Use these easy-to-
follow guidelines to help create smooth, thickened
soups featuring the flavors they know and love. →

Dysphagia at a Glance

What is dysphagia?

Dysphagia is a condition that makes it difficult or unsafe to swallow food or liquids due to problems in the mouth, throat, or esophagus. It can lead to symptoms like choking, coughing, or food getting stuck, and may compromise nutrition, increase health risks, and reduce quality of life.^{1,2,3}

How many older adults are impacted by dysphagia?

Depending on the screening tool utilized, dysphagia impacts **24%–47%** of older adults who are hospitalized, and **54%–59%** of those residing in skilled nursing facilities.⁴



IDDSI-aligned training ensures everyone speaks the same “texture language.”

What is a texture-modified food?

A texture-modified food adjusts the texture and consistency of foods and liquids to make them safer and easier to swallow for individuals with dysphagia. This may include puréeing, mincing, or thickening foods and beverages to specific IDDSI levels that match a person’s swallowing ability.⁵

How do texture-modified diets benefit individuals with dysphagia?

- In adults with dysphagia, texture-modified food can help support adequate overall food intake. For those with difficulty swallowing, modifying food texture may improve the ability to consume sufficient amounts of food.⁶
- Thickening liquids has also been shown to reduce the risk of food or drink entering the airway, making swallowing safer. Together, these strategies support better nutrition and lower the risk of complications like aspiration pneumonia.^{6,7,8,9}



From Challenge to Collaboration



Optimizing Dysphagia Care and Operations

- A hospital-based study of over 3,000 older adults found that those with dysphagia were nearly **three times more likely to be malnourished**, more than twice as likely to develop lung infections like pneumonia, and over three times more likely to die within a year after a pneumonia diagnosis.¹⁰
- For safety and consistency, IDDSI now sets the standards for texture-modified foods. However, this may require increased training and operational adjustment.
- Menu fatigue is real: **43% of foodservice staff say** creating appealing dysphagia meals is a top concern.¹¹
- Including everyone from dining to activities is important. Research shows that **interdisciplinary teams improve nutrition and reduce hospitalizations** in dysphagia patients.¹²
- Challenges like malnutrition, operational strain, menu fatigue, and the need for an interdisciplinary approach are creating new pressures for operators. Campbell's Foodservice aims to help meet these needs with versatile, nourishing soup solutions that support both staff and the guests they serve.

What to Know Before Getting Started

According to IDDSI, most soups are considered mixed-consistency foods since they combine liquid with solid pieces. The only level in the IDDSI Framework that includes mixed consistencies is Regular, Level 7. This means soups should be completely smooth (with no clumps or bits) and verified to meet the appropriate IDDSI level for each individual. Visit IDDSI.org to learn more about the IDDSI Framework and Testing Methods and find other helpful resources.



Method of Preparation: A

Use the below recommendations as a guide—our suggested methods of preparation and thickener amounts are based on extensive testing and best practices. Results might vary, though, depending on a few factors, like the thickener used, measuring tools, blender type and its power, heating method, timing, and even individual technique. These guidelines are a starting point—be sure to verify and adjust as needed to ensure they work best for your operation.

Blending and thickening play a vital role in meeting IDDSI standards by helping ensure soups are safe to eat for individuals with dysphagia. The right consistency can slow the flow of liquids, reduce the risk of aspiration, and make eating a more comfortable, dignified experience. Using tested methods of preparation and thickener guidelines helps operators and care teams deliver consistency, safety, and satisfaction in every serving.

50 OZ

Campbell's® Cream of Chicken Condensed Soup (01036)

Campbell's® Tomato Condensed Soup (00016)

OVERVIEW	STEPS
Prepare Soup to Be Smooth	1. Reconstitute the soup per can instructions.
Heat and Thicken	2. Heat soup per can instructions. Stir frequently to avoid scorching. Heat to >185°F. 3. Whisk in pre-measured thickener until completely incorporated. Let soup stand for 5 minutes to thicken or per thickener instructions. <i>Note: If needed, strain through fine-mesh strainer.</i>
IDDSI Flow Test	4. Test before serving per IDDSI Testing Methods for desired level (ST1, MT2, MO3/ LQ3) using the IDDSI Flow Test.
Notes/Disclaimers	<i>Thickener amounts validated at 165°F. Thickener amounts needed may vary; adjust per IDDSI testing results. These are general guidelines; variabilities such as thickener used, temperature, and time may affect IDDSI testing results. Always test using standard IDDSI Testing Methods before serving. Go to IDDSI.org for details.</i>



Method of Preparation: B

50 OZ

Campbell's® Classic Chicken Noodle Condensed Soup (01256)

Campbell's® Classic Healthy Request® Chicken Noodle Condensed Soup (04142)

OVERVIEW	STEPS
Prepare Soup to be Smooth	<ol style="list-style-type: none"> 1. Strain solids from condensed soup into a fine-mesh strainer over a stock pot. Reserve condensed broth. Place solids in a commercial high-speed blender. 2. Reconstitute reserved broth by adding 1 can of water. Add water over the strainer to catch any bits left in the can. Whisk to combine. 3. Add 2-3 cups of reconstituted broth to blender. Blend for 30 seconds or until completely smooth and there are no bits (otherwise, strain again). 4. Add blended soup to reserved broth. Whisk to combine.
Heat and Thicken	<ol style="list-style-type: none"> 5. Heat soup per can instructions. Stir frequently to avoid scorching. Heat to >185°F. 6. Whisk in pre-measured thickener until completely incorporated. Let soup stand to thicken per thickener instructions. <i>Note: If needed, strain through fine-mesh strainer.</i>
IDDSI Flow Test	<ol style="list-style-type: none"> 7. Test before serving per IDDSI Testing Methods for desired level (ST1, MT2, MO3/ LQ3) using the IDDSI Flow Test.
Notes/Disclaimers	<p><i>Thickener amounts validated at 165°F. Thickener amounts needed may vary; adjust per IDDSI testing results. These are general guidelines; variabilities such as thickener used, temperature, and time may affect IDDSI testing results. Always test using standard IDDSI Testing Methods before serving. Go to IDDSI.org for details.</i></p>



Method of Preparation: C

50 OZ

Campbell's® Cream of Mushroom Condensed Soup (01266)

OVERVIEW	STEPS
Prepare Soup to be Smooth	<ol style="list-style-type: none"> 1. In a separate 1-gallon container, reconstitute soup with a can of water, reserving 1 cup of water for blending. Whisk to combine. 2. Strain mushrooms from soup by pushing it through a fine-mesh strainer using a rubber spatula over a stock pot. 3. Place mushrooms into a commercial high-speed blender with the reserved cup of water. Blend for 30 seconds or until completely smooth and there are no bits (otherwise, strain again). 4. Add blended soup solids to strained soup in stock pot. Whisk to combine.
Heat and Thicken	<ol style="list-style-type: none"> 5. Heat soup per can instructions. Stir frequently to avoid scorching. Heat to >185°F. 6. Whisk in pre-measured thickener until completely incorporated. Let soup stand to thicken per thickener instructions. <i>Note: If needed, strain through fine-mesh strainer.</i>
IDDSI Flow Test	<ol style="list-style-type: none"> 7. Test before serving per IDDSI Testing Methods for desired level (ST1, MT2, MO3/ LQ3) using the IDDSI Flow Test.
Notes/Disclaimers	<p><i>Thickener amounts validated at 165°F. Thickener amounts needed may vary; adjust per IDDSI testing results. These are general guidelines; variabilities such as thickener used, temperature, and time may affect IDDSI testing results. Always test using standard IDDSI Testing Methods before serving. Go to IDDSI.org for details.</i></p>



Method of Preparation: D

7.25 OZ SINGLE-SERVE

Campbell's® Tomato Soup (00447)

OVERVIEW	STEPS
Prepare Soup to be Smooth	1. Empty can into microwave-safe bowl or small saucepan.
Heat and Thicken	2. Whisk in pre-measured thickener until completely incorporated. Let soup stand to thicken per thickener instructions. 3. Heat soup per can instructions. For best results, microwave. Heat to >185°F.
IDDSI Flow Test	4. Test before serving per IDDSI Testing Methods for desired level (ST1, MT2, MO3/ LQ3) using the IDDSI Flow Test.
Notes/Disclaimers	<i>Thickener amounts validated at 165°F. Thickener amounts needed may vary; adjust per IDDSI testing results. These are general guidelines; variabilities such as thickener used, temperature, and time may affect IDDSI testing results. Always test using standard IDDSI Testing Methods before serving. Go to IDDSI.org for details.</i>



Method of Preparation: E

7.25 OZ SINGLE-SERVE

Campbell's® Classic Chicken Noodle Soup (00444)

OVERVIEW	STEPS
Prepare Soup to be Smooth	1. Empty can into a commercial high-speed blender. Blend for 30 seconds, gradually increasing speed to high until completely smooth and there are no bits (otherwise, strain again).
Heat and Thicken	2. Add thickener to blender, and blend on low speed for 5 seconds. If needed, strain. Let soup stand to thicken per thickener instructions. 3. Heat soup per can instructions. For best results, microwave. Heat to >185°F.
IDDSI Flow Test	4. Test before serving per IDDSI Testing Methods for desired level (ST1, MT2, MO3/ LQ3) using the IDDSI Flow Test.
Notes/Disclaimers	<i>Thickener amounts validated at 165°F. Thickener amounts needed may vary; adjust per IDDSI testing results. These are general guidelines; variabilities such as thickener used, temperature, and time may affect IDDSI testing results. Always test using standard IDDSI Testing Methods before serving. Go to IDDSI.org for details.</i>



How to Prepare Soup for Residents With Dysphagia

Blending and thickening play a vital role in meeting IDDSI standards by helping ensure soups are safe to eat for individuals with dysphagia. The right consistency can slow the flow of liquids, reduce the risk of aspiration, and make eating a more comfortable, dignified experience. Using tested methods of preparation and thickener guidelines helps operators and care teams deliver consistency, safety, and satisfaction in every serving.

POWDERED-STARCH-BASED THICKENER*

50 oz Condensed Cans				
	IDDSI Level 0: Thin	IDDSI Level 1: Slightly Thick	IDDSI Level 2: Mildly Thick	IDDSI Level 3: Moderately Thick/ Liquidized
Cream of Chicken (01036)		✓ As Prepared	$\frac{1}{4}$ cup + 1 Tbsp	$\frac{1}{2}$ cup + 2 Tbsp
			23 g	45 g
Tomato Soup (00016)	✓ As Prepared	3 Tbsp	$\frac{1}{2}$ cup + 1 Tbsp	$\frac{3}{4}$ cup + 3 Tbsp
		14 g	41 g	68 g
Chicken Noodle Soup (01256)	✓ As Prepared and Blended	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup + 2 Tbsp	1 cup + 2 Tbsp
		36 g	63 g	81 g
Chicken Noodle, Healthy Request® (04142)	✓ As Prepared and Blended	$\frac{1}{2}$ cup + 1 Tbsp	$\frac{3}{4}$ cup + 2 Tbsp	1 cup + 2 Tbsp
		41 g	63 g	81 g
Cream of Mushroom (01266)		✓ As Prepared	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
			18 g	36 g
7.25 oz Cans				
Tomato Soup (00447)		✓ As Prepared	1 tsp	2 $\frac{1}{2}$ tsp
Chicken Noodle Soup (00444)	✓ As Prepared and Blended	1 tsp	2 tsp	1 Tbsp

*Note: Tested with Hormel® Thick & Easy Thickening Powder; 1 Tbsp = 4.5 g. Use either the Tbsp/cup measurement OR grams when preparing each IDDSI Level.

POWDERED-GUM-BASED THICKENER**

50 oz Condensed Cans				
	IDDSI Level 0: Thin	IDDSI Level 1: Slightly Thick	IDDSI Level 2: Mildly Thick	IDDSI Level 3: Moderately Thick/ Liquidized
Cream of Chicken (01036)		✓ As Prepared	2 Tbsp	$\frac{1}{4}$ cup
			9 g	18 g
Tomato Soup (00016)	✓ As Prepared	1 Tbsp	3 Tbsp	$\frac{1}{4}$ cup + 2 Tbsp
		5 g	13 g	26 g
Chicken Noodle Soup (01256)	✓ As Prepared and Blended	2 Tbsp	$\frac{1}{4}$ cup + 1 Tbsp	$\frac{1}{2}$ cup
		9 g	22 g	35 g
Chicken Noodle, Healthy Request® (04142)	✓ As Prepared and Blended	2 Tbsp	$\frac{1}{4}$ cup + 1 Tbsp	$\frac{1}{2}$ cup + 1 tsp
		9 g	22 g	36 g
Cream of Mushroom (01266)		✓ As Prepared	2 Tbsp	$\frac{1}{4}$ cup
			9 g	18 g
7.25 oz Cans				
Tomato Soup (00447)		✓ As Prepared	1/2 tsp	1 $\frac{1}{4}$ tsp
Chicken Noodle Soup (00444)	✓ As Prepared and Blended	1/4 tsp	3/4 tsp	1 $\frac{1}{2}$ tsp

**Note: Tested with Thick-It® Clear Advantage Powder; 1 Tbsp = ~4.32 g. Use either the Tbsp/cup measurement OR grams when preparing each IDDSI Level.

Campbell's Foodservice



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