

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-weighed 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.



HEALTHCARE SOLUTIONS

Find more culinary inspiration and operational support at [campbellsfoodservice.com](https://www.campbellsfoodservice.com)



Campbell's Foodservice is a proud **IDDSI Silver 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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