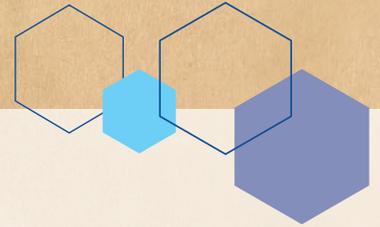




HORMEL

HEALTH LABS



Your
ONE-STOP SHOP
For IDDSI Products
and Support



GET STARTED >>



Our Goal Is To Make Your Life Easier.

We share your priorities: caring for patients — providing nutrition, flavor, comfort and enjoyment — while helping your operation be efficient, effective and completely food-safe.

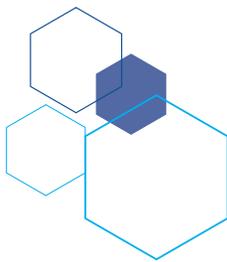
We are prepared to be your **ONE-STOP SHOP** for successfully implementing **IDDSI** practices.

- Your complete resource for IDDSI methods, testing, diets and safety
 - Solutions for you, your staff, your menu, your patients/residents
- Chef-inspired foods, beverages, recipes and helpful tips for every IDDSI level
 - Ongoing support and education

We offer solutions and expertise for every IDDSI level.



Our food and beverage options focus on the more challenging levels: 2, 3, 4, and 5.



HORMEL
HEALTH LABS



IDDSI Levels 0, 1 and 2

Level 0 (Thin) Drinks

These include tap water, sodas, lemonade, milk and juices that can easily flow through a straw or nipple.

Level 1 (Slightly Thick) Drinks

Level 1 can be achieved by adding the right amount of THICK & EASY® Thickeners to Level 0 drinks. Use our thickener charts to confidently create Level 1 beverages your patients will enjoy.

Level 2 (Mildly Thick) Drinks

This level is often tricky to achieve from scratch. However, we offer beverage thickeners to achieve Level 2 — plus many ready-to-serve juices, juice cocktails, supplements, thickened waters and dairy drinks that are reliably Level 2.

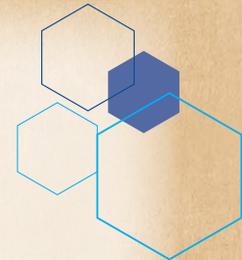
We also offer flavorful coffee and tea mixes.



For a comprehensive list of all our texture-modified products, see our [Hormel Health Labs Product Guide](#).



IDDSI Levels 3 and 4



Level 3 (Moderately Thick Beverages or Liquidized Foods)

In addition to beverage thickeners, our ready-to-serve Level 3 options include iced tea, juice cocktails, juices, thickened water, dairy, coffee and more. All with a safe, reliable consistency that saves you labor and time.

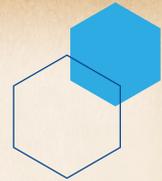


Level 4 (Extremely Thick Beverages or Pureed Foods)

We have easy-to-serve products such as eggs, sausage, bacon, French toast, ice cream-like desserts and waffles — acres of fruit and vegetable options — plus shaped meats with satisfying flavors, including ham, chicken, fish, barbecued beef and more.



Ask your Hormel Health Labs Representative about recipes that meet the IDDSI diet levels.



IDDSI Levels 5, 6 and 7

Level 5 (Minced & Moist) Ready Meats

These soft and moist foods require some chewing, but no biting. All our Level 4 foods can be enjoyed in Level 5 diets; plus we offer fantastic Level 5 Ready Meats. These safe, high quality meats can be featured in lasagna, BBQ pork, turkey tetrazzini, soft tacos, chicken parmesan and many more Level 5 menu favorites.



Level 6 (Soft & Bite-Sized Foods)

Level 6 foods must be 1.5 cm x 1.5 cm or smaller, tender and moist. All our Level 4 and Level 5 foods can be served to those on a Level 6 diet.

Level 7 (Easy To Chew / Regular Foods)

This level includes everyday foods such as sandwiches and soups. Our entire portfolio, especially Levels 4 and 5, can also support a Level 7 diet as needed, giving you additional options toward well-rounded meals.

All Hormel Health Labs texture-modified foods are tested by an independent 3rd party IDDSI trained professional to further ensure they meet IDDSI designations.

Maintaining IDDSI Levels From Kitchen to Plate

Usage Tips and Tricks

After comprehensive testing, there are tips and observations we can share that will better allow you to maintain IDDSI levels from the kitchen to time of service.

COLDER = THICKER

- 1 Temperature changes can impact IDDSI levels for foods and beverages. Generally, colder is thicker or stickier.



- 3 Mixing sauces and gravies into hot or cold foods (at all IDDSI levels) helps create the most ideal moisture, texture and cohesion as food cools.



- 5 Level 4 foods are safe to serve for Level 5, 6 and 7.



- 2 Food left uncovered will become stickier and needs to be evaluated prior to serving.

140°

- 4 Food held at 140 degrees (or typical steam table temperatures) and covered will maintain soft and moist qualities.



- 6 Any time a texture or viscosity is in question, test using IDDSI testing methods. Be safe.

Achieving your desired IDDSI levels requires attention at all points of service. As food temperatures change, food qualities change. Staff training from the kitchen to the point of service is the key to IDDSI success.

IDDSI Implementation Suggestions

In real life, these suggested implementation tasks are not independent or sequential. We urge you to look over the entire list as many of these tasks will overlap and/or happen concurrently at your care facility. You may want to set up your own IDDSI Team to organize and implement these tasks.

1. Become familiar with the IDDSI website and its many resources: www.IDDSI.org
2. Form your facility's IDDSI Implementation Team(s)
3. Determine your own IDDSI Implementation Tasks and Calendar
4. Educate — have your team 'spread the word' with various stakeholders/audiences
5. Know the dysphagia foods and beverages on your menu — understand your IDDSI framework levels and how to read packaging labels to ensure your menu is safe

Assigning people/teams to your IDDSI implementation is critically important. Many great tools and resources already exist, be sure to utilize them.

- Visit www.IDDSI.org
- Consult your Hormel Health Labs representative
- Ask Hormel Health Labs for food and drink test guides
- Ask for a Hormel Health Labs Product Guide
- Visit www.hormelhealthlabs.com/resources/for-healthcare-professionals/ for Hormel Health Lab's Resources



Implementation should be a comprehensive process — from education, to hands-on training, to recipes and menu updates. Keep your teams informed.



Testing Techniques

IDDSI FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC

TESTING INFO

LEVEL 7 - REGULAR (R7)
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 7 - EASY TO CHEW (EC7)
Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

LEVEL 6 - SOFT & BITE-SIZED (SB6)
Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should flatten completely and not regain its shape.

LEVEL 5 - MINCED & MOIST (M5)
2mm lump size for adults and 2mm lump size for babies and children. Hold in mound on a spoon. Falls off easily if the spoon is lifted or lightly flicked. Must not be firm or sticky.

LEVEL 4 - PUREED (P4)
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is lifted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - LIQUIDISED (LQ3)
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

TRANSITIONAL FOODS

LEVEL 4 - EXTREMELY THICK (EX4)
Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is lifted or lightly flicked. Must not be firm or sticky.

LEVEL 3 - MODERATELY THICK (M3)
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK (MT2)
4-8mL remaining in the syringe after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK (ST1)
1-4mL remaining in the syringe after 10 sec of flow.

LEVEL 0 - THIN (T0)
Less than 1mL remaining in the syringe after 10 sec of flow.

TRANSITIONAL FOODS TEST INSTRUCTIONS

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

- Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
- Then complete the IDDSI Fork Pressure Test.
- Thumbnail blanches white.

FLOW TEST INSTRUCTIONS

- Remove Plunger
- Cover nozzle with finger and fill 10mL
- Release nozzle & start timer
- Stop at 10 seconds

FOOD TEST INSTRUCTIONS

EXTREMELY THICK (EX4)
Thumbnail blanches white

MINCED & MOIST (M5)
Thumbnail blanches white

SOFT & BITE-SIZED (SB6)
Thumbnail blanches white

EASY TO CHEW (EC7)
Thumbnail blanches white

DRINKS / LIQUIDS

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Reading the Label

Look for IDDSI designations on your Hormel Health Labs food and beverage labels. We offer solutions for every level, focusing on the more difficult levels: 2, 3, 4 and 5.

FOODS

TRANSITIONAL FOODS

REGULAR (R7)
EASY TO CHEW (EC7)

SOFT & BITE-SIZED (SB6)

MINCED & MOIST (M5)

PUREED (P4)

LIQUIDISED (LQ3)

EXTREMELY THICK (EX4)

MODERATELY THICK (M3)

MILDLY THICK (MT2)

SLIGHTLY THICK (ST1)

THIN (T0)

DRINKS

THICK & EASY TEA POWDER

THICK & EASY CLEAR CRANBERRY JUICE COCKTAIL

36405 PUREED BAKE™ Beef Lasagna Puree

36405 PUREED BAKE™ Beef Lasagna Puree
COOKING INSTRUCTIONS: COOK BEFORE EATING. STIRREY GROUND MEAT. RECOMMENDED: PREPARE MEAT IN A SEPARATE PAN. DRAIN EXCESS FAT. ADD TO PUREE. COOK FOR 10 MINUTES. REFRIGERATE OR FREEZE. DO NOT REHEAT. NET WT 4 LB (1.75 kg)

Get free in-service presentations designed for staff training at:

www.hormelhealthlabs.com/resources/for-healthcare-professionals/in-service-training-series-iddsi-testing/

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Why HORMEL HEALTH LABS

We've got you covered. Our trusted, tested products make it easy to achieve IDDSI compliance.

We create a wide range of meal and beverage options for any daypart.

The flavor and quality of our foods and beverages will help your dysphagia patients truly enjoy their meals, comfortably and safely.



HORMEL HEALTH LABS is a Platinum Sponsor of IDDSI. We proudly support the IDDSI initiative intended to improve the lives of those with dysphagia.

Resources

Hormel Health Labs Offers Multiple IDDSI Resources

When it comes to IDDSI, Hormel Health Labs is your one-stop solution for all areas of healthcare and homecare.

PRODUCTS & SUPPORT, ONLINE

- Full line of beverages, foods and thickeners labeled with IDDSI levels
- Posters and Pocket Guides with IDDSI testing techniques

PROFESSIONAL TRAINING, ONLINE

- Free in-service presentations designed for staff training
 - THICK & EASY® Product Video Training
- Free Continual Professional Education courses (CEUs)

All available at:

www.hormelhealthlabs.com/resources/for-healthcare-professionals/professional-training/

For more information, contact your
Hormel Health Labs sales representative.
1-800-523-4635

