



FROZEN BAKERY

Make Life's Moments a Little Sweeter for your Residents with Dysphagia

Dysphagia Recipe Guide

IDDSI Texture Modified Diet Recipes

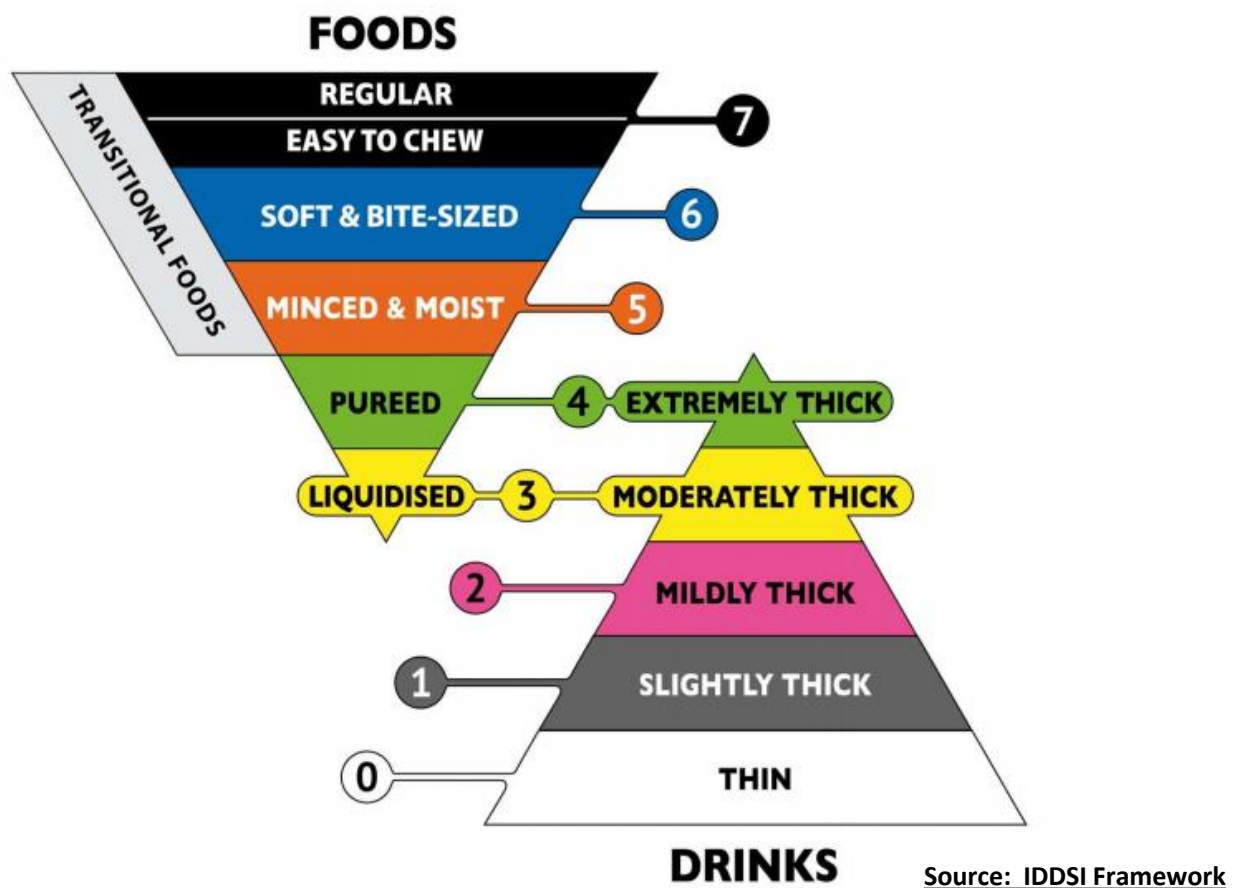




Dysphagia is a disorder which makes it difficult to swallow

- Some people may have trouble safely swallowing liquids, foods or saliva. When this occurs, eating becomes a challenge and makes it difficult for people with Dysphagia to take in enough calories and fluids to nourish the body.
- Healthcare foodservice community is continually looking for recipes that help them create an enjoyable eating experience and that meets the new International Dysphagia Diet Standardization Initiative (IDDSI) Standards.
- IDDSI is a standard that describes texture modified foods to help healthcare foodservice prepare foods that meet the needs of patients.¹

¹ IDDSI Framework



The IDDSI is leading a global initiative to improve the lives of over 590 million people worldwide.¹

The IDDSI (International Dysphagia Diet Standardization Initiative) framework consists of a continuum of 8 levels (0-7), where drinks are measured from Levels 0-4, while foods are measured from Levels 3-7.¹

- The IDDSI framework provides a common terminology to describe food textures and drink thickness.²
- The testing methods are intended to confirm the flow or textural characteristics of a particular product at the time of testing.²
- Each level describes the food or drink that is safest for residents with swallowing problems. It can be used for people of all ages, in all care settings and can be applied to all cultures.²
- The clinician serving a specific patient has the responsibility to determine the level of foods or drinks for that patient based on their clinical assessment.³



Effective October 2021, IDDSI will be the only texture-modified diet recognized by the Academy of Nutrition & Dietetics' "Nutrition Care Manual"

The Academy of Nutrition and Dietetics states that it is imperative that all healthcare providers globally implement IDDSI, both to ensure patient safety and to maintain current standards of practice.¹

- Based on this announcement from the Academy, healthcare facilities will be searching for easy-to-implement recipes that meet the IDDSI guidelines.
- SLFB has the unique opportunity to make life's moments a little sweeter with our consumer recognized desserts modified to meet the IDDSI guidelines



Dessert your residents love from the Kitchens of Sara Lee

Now you can offer great tasting desserts to your residents with Dysphagia from a brand that you know and trust. Create sweet moments with Sara Lee Pound Cake and Cheesecake

Sara Lee is here to help your menu and your residents thrive

Starting with our popular Sara Lee Pound Cake or Cheesecake, our dieticians have done the work for you and adjusted them to meet the dysphagia diet levels.

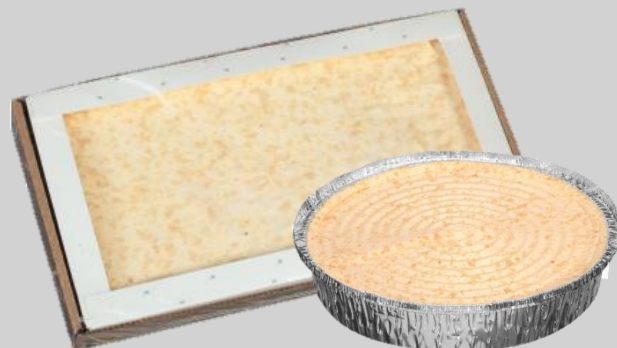
From our kitchen to yours

Explore our library of recipes including

- Original French Cream, Pumpkin, Lemon and Raspberry Cheesecake
- All Butter and Chocolate Pound Cake



All Butter Pound Cake
SKU# 08298



French Cream Cheesecake
SKU# 08018 & 08076



MM5 French Cream Cheesecake

SKU# 08018

SKU# 08076



5 MINCED & MOIST

- Yield: 6
- Serving size: #10 scoop

#	Ingredient	Quantity	Description	Preparation
1	French Cream Cheesecake, 63.75 g/serving	6 svg -382 g (13.5 oz)	Defrosted	<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Place Sara Lee French Cream Cheesecake (SKU# 8018) in a hotel pan with <u>crumb</u> side up. 3. Use a fork to break up crumbs into small pieces.
2	2% Milk Food Thickener, Commercial	0.5 cup 4 Tbsp		<ol style="list-style-type: none"> 4. Combine milk and food thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute (or per thickener manufacturer recommendations). 5. Pour thickened milk over Sara Lee French Cream Cheesecake. 6. Mix until thickened milk is evenly distributed. Do not overmix. Mixture may be lumpy, crust will soften. 7. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test. 9. Portion a #10 scoop into chef's ring.

Notes:

- Verify using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/ or more or less thickener depending on the results of IDDSI testing
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.

Sara Lee Frozen Bakery Dysphagia Recipe Disclaimer

The Sara Lee Frozen Bakery packaged products included in the above recipe are not IDDSI approved. Sara Lee Frozen Bakery is only responsible for our packaged products.

1. The Sara Lee Frozen Bakery packaged product is Ready-to-Eat.
2. The Sara Lee Frozen Bakery products included in the above recipes are compliant, but not IDDSI approved or certified.
3. It is the foodservice providers responsibility to implement the IDDSI recipes and testing as well as assume all responsibilities for Food Safety and implementation of the FDA Food Code, i.e. cross-contamination, cold handling and storage, mixing with other ingredients and shelf life.



MM5 Pumpkin Cheesecake

SKU# 08018

SKU# 08076



5 MINCED & MOIST

- Yield: 6
- Serving size: #10 scoop

#	Ingredient	Quantity	Description	Preparation
1	French Cream Cheesecake, 63.75 g/serving	6 svg -382 g (13.5 oz)	Defrosted	<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Place Sara Lee French Cream Cheesecake (SKU# 8018) in a hotel pan with <u>crumb</u> side up. 3. Use a fork to break up crumbs into small pieces.
2	Pumpkin Puree, Canned Pumpkin Pie Spice Maple Syrup Vanilla Extract 2% Milk Food Thickener, Commercial	0.75 cup 1.5 tsp 2 Tbsp 0.5 tsp 0.5 cup 5 Tbsp		<ol style="list-style-type: none"> 4. Combine pumpkin puree, maple syrup, pumpkin pie spice, and vanilla. Mix until well combined. 5. Add milk. Slowly add food thickener. Whisk briskly until thickener has dissolved. 6. Incorporate pumpkin mixture into cheesecake mixture. Mix together until well combined. Mixture may be lumpy. 7. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test and Spoon Tilt Test. 9. Portion with #10 scoop.

Notes:

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PU4 Raspberry Cheesecake

SKU# 08018

SKU# 08076



PUREED

- Yield: 6
- Serving size: 0.5 cup



#	Ingredient	Quantity	Description	Preparation
1	French Cream Cheesecake, 63.75 g/serving	6 svg -382 g (13.5 oz)	Defrosted	<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Place Sara Lee French Cream Cheesecake (SKU# 8018) in food processor. Do not overfill. Process (or pulse) for 30 seconds or until fine in consistency.
2	Water, Tap Gelatin, Raspberry	0.75 cup 4 Tbsp		<ol style="list-style-type: none"> 3. Boil water. 4. Add gelatin to boiling water. Whisk briskly until gelatin has dissolved. Remove from heat and cool until slightly thickened. 5. Slowly add gelatin to food processor while processing until smooth. Scrape down sides of processor with a rubber spatula and process for at least 60 seconds, or until completely pureed. 6. Pour cheesecake into individual serving cups. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 7. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.

Notes:

- Verify using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/ or more or less gelatin depending on the results of IDDSI testing.
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PU4 Lemon Cheesecake

SKU# 08018

SKU# 08076



PUREED

- Yield: 6
- Serving size: 0.5 cup



#	Ingredient	Quantity	Description	Preparation
1	French Cream Cheesecake, 63.75 g/serving	6 svg -382 g (13.5 oz)	Defrosted	<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Place Sara Lee French Cream Cheesecake (SKU# 8018) in food processor. Do not overfill. Process (or pulse) for 30 seconds or until fine in consistency.
2	Water, Tap Gelatin, Lemon	0.75 cup 4 Tbsp		<ol style="list-style-type: none"> 3. Boil water. 4. Add gelatin to boiling water. Whisk briskly until gelatin has dissolved. Remove from heat and cool until slightly thickened. 5. Slowly add gelatin to food processor while processing until smooth. Scrape down sides of processor with a rubber spatula and process for 60 seconds, or until completely pureed. 6. Pour cheesecake into individual serving cups. Cover with plastic film and refrigerate. Allow cheesecake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 7. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.

Notes:

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PU4 All Butter Pound Cake

SKU# 08298



PUREED

- Yield: 6
- Serving size: #12 scoop



#	Ingredient	Quantity	Description	Preparation
1	All Butter Large Pound Cake (38 g/serving; 1/12 cake)	6		<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Slice Sara Lee All Butter Large Pound Cake (SKU# 8298) into 6 slices. Cut slices into smaller cubes to allow for easier processing. Place Sara Lee All Butter Large Pound Cake in food processor. Do not overfill. Process (or pulse) into fine crumbs. 3. Place pound cake crumbs in a bowl or hotel pan.
2	2% Milk Food Thickener, Commercial	1.0 cup 5 Tbsp		<ol style="list-style-type: none"> 4. Pour milk into a liquid measuring cup. 5. Slowly add food thickener to milk. Whisk briskly until thickener has dissolved. Let it thicken for one minute (or per thickener manufacturer recommendations). 6. Pour thickened milk evenly over pound cake crumbs. Mix until well combined. 7. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test. 1. Portion with spatula or #12 scoop and shape.

Notes:

- Verify using IDDSI testing methods for IDDSI Pureed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
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PU4 Chocolate Pound Cake

SKU# 08298



PUREED

- Yield: 6
- Serving size: #12 scoop



#	Ingredient	Quantity	Description	Preparation
1	All Butter Large Pound Cake (38 g/serving; 1/12 cake)	6		<ol style="list-style-type: none"> 1. Wash hands before beginning preparation. Sanitize surfaces and equipment. 2. Slice Sara Lee All Butter Large Pound Cake (SKU# 8298) into 6 slices. Cut slices into smaller cubes to allow for easier processing. 3. Place Sara Lee All Butter Large Pound Cake in food processor. Do not overfill. Process (or pulse) into fine crumbs. 4. Place pound cake crumbs in a bowl or hotel pan.
2	2% Milk	1.0 cup		<ol style="list-style-type: none"> 5. Warm milk. Add cocoa powder, coffee and cinnamon. Whisk well. 6. Add chocolate sauce and whisk well. 7. Slowly add food thickener to milk mixture. Whisk briskly until thickener has dissolved. Let it thicken for one minute (or per thickener manufacturer recommendations). 8. Pour thickened milk evenly over pound cake crumbs. Mix until well combined. 9. Spread evenly into pan. Cover with plastic film and refrigerate. Allow pound cake to thoroughly chill for 3 hours or overnight. Hold at 40°F or lower until service (CCP). 10. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Pureed Level 4 (PU4) using the Fork Drip Test and Spoon Tilt Test.
	Cocoa Powder	1 Tbsp		
	Coffee, Brewed	1 Tbsp		
	Cinnamon, Ground	1/8 tsp		
	Sauce, Chocolate	0.25 cup		
	Food Thickener, Commercial	5 Tbsp		<ol style="list-style-type: none"> 1. Portion with spatula or #12 scoop and shape.

Notes:

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