



Why **HORMEL HEALTH LABS**

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

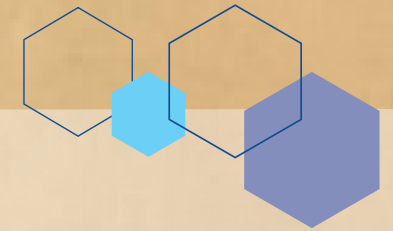
We create a wide range of meal and beverage options, any time of day.

The flavor and quality of our foods and beverages will help your dysphasia 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.

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



Your **ONE-STOP SHOP**
For IDDSI Products
and Support

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.



0 1 2 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.

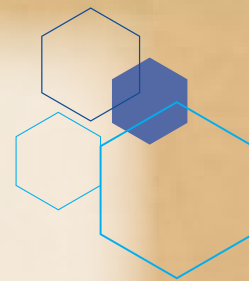


Level 4 (Extremely Thick Beverages or Pureed Foods)

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

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/