



DYSPHAGIA



FROZEN BAKERY



Make Life Sweeter for those with Dysphagia

Sara Lee Frozen Bakery has numerous pureed and minced and moist recipes to ensure individuals with dysphagia can still enjoy their favorite desserts.

What is dysphagia?

- Dysphagia is difficulty with chewing or swallowing which increases the risk of choking when eating and drinking

How many older adults have dysphagia?

- 40% Of nursing home residents experience some degree of dysphagia

How do you prepare safe foods for individuals with dysphasia?

- The International Dysphagia Diet Standardisation Initiative (IDDSI) developed a global framework that provides a standardized way to describe and measure foods and drinks, and testing methods to ensure food and drinks are appropriate and safe for individuals with dysphagia.
- The IDDSI Framework describes food textures, drink thicknesses to improve safety for individuals with swallowing difficulties.



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Sara Lee Frozen Bakery Dysphasia Recipe Examples:

Sara Lee FROZEN BAKERY

**Make Life's Moments
a Little Sweeter**
for Those with Dysphagia



Dysphagia Recipe Guide
IDDSI Texture Modified Diet Recipes



SKU# 08018

French Cream Cheesecake

Made with real cream cheese and an oatmeal crumb-crust, Sara Lee's fluffy French Cream Cheesecake makes any meal a special occasion.

Pureed, Level 4 (PU4) Recipe



SKU# 07149

Banana Cream Pie

Delectable bananas have been pureed for a generous layer of light and creamy banana cream that's topped with a whipped topping – one of our most popular choices.

Minced & Moist, Level 5 (MM5) Recipe

For these recipes and more, download our complete Dysphagia Recipe Guide

Resources: : IDDSI.org

Sara Lee Frozen Bakery Healthcare Toolkit Disclaimer: This information is intended for informational purposes only and is not intended to constitute medical advice or nutritional advice. Menu items and nutritional claims have not been evaluated by the Food and Drug Administration and the offerings presented are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Healthcare providers and facilities are encouraged to independently assess the suitability of these products for their patients and populations, taking into account specific dietary needs, medical conditions, and institutional requirements. Product formulations and nutritional content are subject to change. Please consult the most recent product specifications and ingredient lists, which can be available upon request, before making purchasing decisions. No representations or warranties, express or implied, are made regarding the availability, amount, or eligibility of reimbursement or coverage from any third-party payers, including but not limited to, government programs, insurance providers, or other funding sources. It is the sole responsibility of the customer to verify reimbursement eligibility and requirements.