





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?

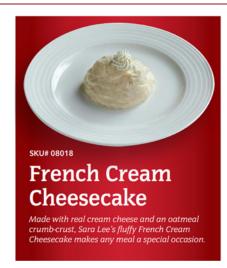
- The International Dysphagia Diet Standardisation Initiative (IDDSI) developed a global framework that provides a standardized way to describe and measure foods and drinks, and testing methods to ensure food and drinks are appropriate and safe for individuals with dysphagia.
- The IDDSI Framework describes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



Sara Lee Frozen Bakery Dysphasia Recipe Examples:



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



Pureed, Level 4 (PU4) Recipe



Minced & Moist, Level 5 (MM5) Recipe