

Managing Dysphagia in *Healthcare*

While the prevalence of dysphagia in the elderly is unknown, it is estimated that 15% of the total elderly population is affected, impacting their ability to swallow foods and liquids. Among certain subgroups, like elderly residents in nursing homes or those affected by stroke, this percentage can be significantly higher.¹

Preparing dysphagia appropriate food textures can quickly consume already scarce kitchen time and resources. Using foods that are ‘naturally’ the right texture along with tested recipes from trusted sources can go a long way toward making individuals with dysphagia happy and easing the burden of kitchen prep.

Check out our Recipes

Our recipe collection for the dysphagia diet has been developed following the guidance of the International Dysphagia Diet Standardization Initiative (IDDSI).*

Find our dysphagia recipe collection at:
Generalmillscf.com/dysphagia-recipes

¹. Clinical Interventions in Aging 2012; 7 287-298
*<http://IDDSI.org/framework>



Check out our full dysphagia resources
generalmillscf.com/healthcare



These layered oatmeal and raspberry dessert bars are suitable for the advanced level of a dysphagia diet (Level 6)

Many Yoplait® yogurts are suitable for dysphagia patients

- Yogurt offers valuable nutrients such as protein, vitamins and minerals.
- Many Yoplait® yogurts provide a good source of calcium & vitamin D.
- 95% of men and 98% of women age 51+ years do not meet recommendations for vitamin D intake; 40% of men and 78% of women do not meet recommendations for calcium intake.¹
- Adults age 51+ years are not meeting the intake recommendations for dairy and are among those with the lowest intakes of dairy.²



Product	UPC Code	Case Count	IDDSI Level ³
YOPLAIT® ORIGINAL, 4 OZ NEW: NOW LEVEL 4 AS OF 1/19 FLOW-IN			
Strawberry, Strawberry Banana	000-70470-17729-8	48/4 OZ	4, 4
Raspberry, Peach	000-70470-17728-1	48/4 OZ	4, 4
YOPLAIT® LIGHT, 4 OZ			
Blueberry Patch, Very Vanilla	000-70470-48362-7	48/4 OZ	6, 4
Strawberry, Strawberry Banana	100-70470-19735-4	48/4 OZ	6, 6
YOPLAIT® ORIGINAL, 6 OZ			
French Vanilla	100-70470-00323-5	12/6 OZ	4
Lemon Burst	100-70470-00306-8	12/6 OZ	6
Mixed Berry	100-70470-00310-5	12/6 OZ	6
Mountain Blueberry	100-70470-00302-0	12/6 OZ	6
Red Raspberry	100-70470-00301-3	12/6 OZ	4
Strawberry	100-70470-00300-6	12/6 OZ	6
YOPLAIT® LIGHT (FAT FREE), 6 OZ			
Blueberry Patch	100-70470-00652-6	12/6 OZ	6
Key Lime Pie	100-070470-00665-9	12/6 OZ	4
Red Raspberry	100-70470-00651-9	12/6 OZ	4
Strawberry	100-70470-00650-2	12/6 OZ	6
Very Vanilla	100-70470-00643-4	12/6 OZ	4
OUI™ BY YOPLAIT®, FRENCH-STYLE YOGURT, 5OZ			
Black Cherry	100-70470-49654-9	8, 5 OZ	6
Lemon	100-70470-49651-8	8, 5 OZ	6
Strawberry	100-7047-0496474	8, 5 OZ	6
Vanilla	1007047-0496464	8, 5 OZ	4
YOPLAIT® WHIPS!® (FAT FREE), 4 OZ			
Chocolate	100-70470-28447-4	12/4 OZ	4
Key Lime Pie	100-70470-00128-6	12/4 OZ	4
Orange Crème	100-70470-00129-3	12/4 OZ	4
Raspberry Mousse	100-70470-00127-9	12/4 OZ	4
Strawberry Mist	100-70470-00109-5	12/4 OZ	4
Vanilla Crème	100-70470-27831-2	12/4 OZ	4
YOPLAIT® BULK ORIGINAL YOGURT, 32 OZ			
Low Fat Plain	100-70470-00438-6	6/32 OZ	4
Low Fat Strawberry	100-70470-00430-0	6/32 OZ	4
Low Fat Vanilla	100-70470-00439-3	6/32 OZ	4
YOPLAIT® BULK GREEK YOGURT, 32 OZ			
Greek Plain	100-70470-38414-3	6/32 OZ	4
Greek Vanilla	100-70470-49051-6	6/32 OZ	4

Product	UPC Code	Case Count	IDDSI Level ³
YOPLAIT® GREEK, 3.5 OZ			
Blueberry	100-70470-49159-9	24/3.5 OZ	6
Strawberry	100-70470-49158-5	24/3.5 OZ	6
YOPLAIT® GREEK, 5.3 OZ			
Blueberry	100-70470-45916-2	12/5.3 OZ	6
Strawberry Raspberry	100-70470-45915-5	12/5.3 OZ	6
Vanilla	100-70470-45913-1	12/5.3 OZ	4
YOPLAIT® GREEK 100 PROTEIN, 5.3 OZ			
Black Cherry	100-70470-43579-1	12/5.3 OZ	6
Blueberry	100-70470-45578-2	12/5.3 OZ	6
Mixed Berry	100-70470-43331-5	12/5.3 OZ	6
Peach	100-70470-43333-9	12/5.3 OZ	6
Strawberry	100-70470-43332-2	12/5.3 OZ	6
Strawberry Banana	100-70470-48605-2	12/5.3 OZ	6
Vanilla	100-70470-43329-2	12/5.3 OZ	4
YOPLAIT® GREEK 100 WHIPS!®, 4 OZ			
Strawberry Cheesecake	100-70470-44614-8	12/4 OZ	4
Vanilla Cupcake	100-70470-44616-2	12/4 OZ	4
YOPLAIT® TRIX®, 4 OZ			
Raspberry Rainbow	000-70470-17725-0	48/4 OZ	4
Strawberry Banana Bash	000-70470-17726-7	48/4 OZ	4
Triple Cherry	100-70470-31077-7	48/4 OZ	4
SIMPLY...GO-GURT®, 2.0 OZ TUBE			
Strawberry	100-70470-49295-4	92/6 OZ	4
YOPLAIT® GO BIG®, 4 OZ TUBE			
Strawberry	100-70470-47402-8	48/4 OZ	4
YOPLAIT® PARFAITPRO®			
Greek Vanilla	100-70470-41167-2	3/64 OZ	4
Low Fat Strawberry	100-70470-16631-2	6/64 OZ	4
Low Fat Vanilla	100-70470-16632-9	6/64 OZ	4
MAX Low Fat Vanilla	100-70470-32072-1	2/16 LB	4
MOUNTAIN HIGH™ BULK YOGURT, 32 OZ			
Original Plain	100-75270-001603	6/32 OZ	4

*Handling and processing variability may occur; we recommend using your discretion to ensure servings meet IDDSI standards as needed by each patient.

1. Reference: NHANES 2015-2016 (food only) Day 1 & 2.

2. 2015-2020 Dietary Guidelines for Americans

3. <http://iddsi.org/framework/>



For more information, visit us online at bellinstitute.com



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