

Nourishing Clients

Dealing with Dysphagia

Cooking for every special population entails both challenges and rewards. Whether enticing kids to try a new vegetable, or encouraging a red meat fan to branch out into fish and chicken, foodservice professionals employ creativity and skill to create menus that meet health needs while still offering great taste.

When it comes to dysphagia, or difficulty with swallowing, the challenge can be even greater, since not every soft food is visually appealing. It also takes some skill to create dishes with the correct texture and consistency. However, the right combination of menu planning and preparation can ensure that those with dysphagia still enjoy great flavor and variety in their diets.

One in every 25 adults experiences difficulty with swallowing, according to the American Academy of Otolaryngology-Head and Neck Surgery Foundation, particularly older adults struggling with the effects of strokes, dementia, Parkinson's disease, or head and neck cancer. According to Dove Medical Press, Clinical Interventions in Aging, up to 30 percent of adults over the age of 65 may have some degree of dysphagia, making both eating and drinking more difficult. Within healthcare settings, the incidence of dysphagia can be even higher, signaling the importance of modifying menus to meet patient and resident needs.

Ultimately, dysphagia can lead to dehydration, malnutrition, aspiration and even asphyxiation, while



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reducing the pleasure of eating. It is especially important to create visually attractive options for clients with dysphagia to encourage them to eat enough calories and receive adequate nutrition.

THE DYSPHAGIA DIET OPTIONS

What is now the Academy of Nutrition and Dietetics first published the National Dysphagia Diet (NDD) in 2002, creating a national standard for foodservice providers. The diet starts at level 1, where all food must be pureed/pudding-like, and progresses up to level 3, allowing for soft foods that entail some chewing.

Today, the more recent International Dysphagia Diet Standardisation Initiative (IDDSI) has further changed the way we look at the consistency of food and liquid, providing more levels and details on food preparation and serving. For example, bites should be 4 mm or less for adult level 5 Minced & Moist, and 15 mm or less for adult level 6 Soft & Bite-Sized. Many of the same recipes can be used for both diets, while the IDDSI offers enhanced self-check tools for foodservice operations. Visit www.iddsi.org to learn more.

Prior to such standards, foods with questionable nutrients were served—including incidents of baby food for all patients—or were thickened with other foods, again with little regard to flavor or appearance. Fortunately, more organizations are putting time, thought, and energy into creating appetizing and nutritious dysphagia meals.

Ideal options for those who particularly struggle with swallowing include yogurt, smoothies, smooth soups, and most hot cereals.

MAXIMIZING FLAVOR AND NUTRITION

To make food both healthy and appealing, foodservice professionals can employ the following strategies for clients:

- Look for recipes that could be enjoyed on a regular diet following a dysphagia modification, such as pureed soups and fruits as well as desserts. When recipes can be used for multiple purposes and audiences, you make it easy for your culinary team.

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LEARN MORE ABOUT DYSPHAGIA AT ACE

A session titled Dysphagia Diet Solutions: Transitioning to the IDDSI Framework will be presented on June 3 during ANFP's 2018 Annual Conference & Expo in Orlando. For more info and to register, visit www.ANFPonline.org/ACE18



LOOK FOR RECIPES

that could be enjoyed on a regular diet following a dysphagia modification, such as pureed soups and fruits as well as desserts.

- Use ground meat or minced fruit and vegetables instead of diced or chopped options; this will safely add flavor and variety to the food you prepare.
- Omit one contraindicated ingredient or replace it with something smooth. Avoid crunchy toppings. Sometimes, menu planning can be as simple as updating one or two ingredients in a popular recipe.
- Add extra moisture and flavor with sauces and spices.

In addition, it is helpful to have a 10 mL syringe, a pre-checked fork with 4mm spaced tines and a plastic, washable ruler with

millimeter increments in your kitchen to meet dietary specifications.

RECIPES FOR SUCCESS

Menu planning will be easier when you use recipes with dysphagia levels noted on them. General Mills Foodservice has assembled a collection of dysphagia-friendly recipes updated to align with IDDSI.

Smoothies, for example, are delicious in every season and can be a nutritious, filling option for dysphagia patients of all levels. Combinations such as bananas with cocoa, sweet-spicy cardamom and tropical mango when paired with yogurt can be used with various levels of a dysphagia diet.

THE BOTTOM LINE

Flavor and variety will encourage patients to try new recipes, consume ample calories, and enjoy the food you prepare. While preparing food for the dysphagia diet requires special care and focus, foodservice operators today benefit from more ready-to-eat products, recipe ideas, and support in crafting food that is both nutritious and delicious. **E**

REC

Soft & Bite-Sized
(Level 6)



SAUSAGE PANCAKE SQUARES

Yield: 128 Servings

INGREDIENTS

- 11 cups water, cool (-72°F)
- 5 lbs. Buttermilk pancake mix
- 1lb. 8 oz. Sausage patties, fully cooked, finely chopped
- 1 gallon, Maple syrup

METHOD

1. Pour water and pancake mix into mixing bowl; blend with wire whisk until batter is smooth. Do not overmix.
2. Deposit approximately 5 lbs. (1/2 of batter) into greased or parchment-lined full sheet pan; repeat for second pan.
3. Spread 1.25 oz finely chopped sausage evenly over each pan and bake as directed.
 - > Convection oven: 350°F for 15-20 minutes. Rotate pans one-half turn (180°) after 8 minutes of baking.
 - > Standard oven: 400°F for 20-25 minutes
4. Cut each pan into 8x8 pattern; serve each square with 2 Tbsp. warm maple syrup.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients. Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: 1 square. Calories: 190; Calories from Fat: 30; Total Fat: 3g; Saturated Fat: 1g; Trans Fat: 9g; Cholesterol: 5mg; Sodium: 200mg; Total Carbohydrate: 39g; Dietary Fiber: 9g; Sugars: 26g; Protein: 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

Exchanges: 1 Starch; 0 Fruit; 1-1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1/2 Fat

Carbohydrate Choices: 2-1/2

IPES



Soft & Bite-Sized
(Level 6)

MINI CARAMEL CUPCAKES

Yield: 200 Servings

INGREDIENTS

- 7 cups water, cool (-72°F)
- 5 lbs. Yellow cake mix
- 9-1/2 cups Ready-to-Spread vanilla creme icing
- 4 cups Caramel sauce, prepared

METHOD

Cupcakes

1. Prepare cupcake batter according to package directions.
2. Deposit using #40 scoop into greased or paper lined muffin pans.
3. Bake as directed and set aside until completely cooled.
 - > Convection oven: 300°F for 12-16 minutes. Rotate pans one-half turn (180°) after 6 minutes of baking.
 - > Standard oven: 350°F for 16-20 minutes.

Finishing

1. Add vanilla icing to large pastry bag with a star tip; pipe 1/2 oz. onto completely cooled cupcakes.
2. Drizzle with caramel sauce and serve.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients. Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: 1 cupcake. Calories: 120; Calories from Fat: 30; Total Fat: 3g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 130mg; Total Carbohydrate: 23g; Dietary Fiber: 0g; Sugars: 17g; Protein: 0g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 0%

Exchanges: 0 Starch; 0 Fruit; 1-1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1/2 Fat

Carbohydrate Choices: 1-1/2



Liquidized/
Moderately Thick
(Level 3)

COCOA BANANA SMOOTHIE

Yield: 20 Servings

INGREDIENTS

- 4 lbs. Bananas, fresh, sliced
- 1/4 cup Cocoa powder
- 7-1/3 cups Vanilla yogurt, lowfat
- 1 qt. Milk, 1%

METHOD

1. Place fruit, cocoa powder, yogurt, and milk in large capacity blender container (or prepare in batches).
2. Blend on high speed for 1 minute; stop blender, and stir with spatula.
3. Continue to blend until smooth, then portion 8 oz. smoothie into serving cups with cover.

TIP

Peel and freeze leftover bananas to use for this recipe. Note: May need to be adjusted to appropriate consistency.

NUTRITION INFORMATION

Nutrition values are calculated using the weights of ingredients. Percent Daily Values are based on a 2,000 calorie diet.

Serving Size: 8 oz. portion. Calories: 190; Calories from Fat: 15; Total Fat: 1-1/2g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 65mg; Total Carbohydrate: 39g

% Daily Value: Vitamin A 10%; Vitamin C 15%; Calcium 15%; Iron 2%

Exchanges: 1/2 Starch; 1/2 Fruit; 1 Other Carbohydrate; 1/2 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat

Carbohydrate Choices: 2-1/2