

Campbell's

Healthcare

Menu Source[®]DRIVEN BY PASSION,
BACKED BY A PROMISE™Standards for texture-modified foods
and thickened fluids...

How Australia did it.

Concerned by the numerous terms and labels applied to a small number of food textures and fluid thickness levels in their country, two Australian professional organizations took action.

The Dietitians Association of Australia and the Speech Pathology Association of Australia Limited launched a national consultation to determine standards and terminology for texture-modified foods and thickened fluids. The process would see a multidisciplinary committee consider the views of over 580 Australian clinicians.

Ultimately, the committee developed a simple scale of **three** classifications for food textures and **three** for liquids—a huge reduction from the 39 labels and 95 descriptors originally in use Down Under.

The Australian method

An Advisory Committee began with a literature review and clearly defined goals:

1. Determine the number of *food* texture levels to be used in a standardized scale.
2. Determine the number of *fluid* levels to be used in a standardized scale.

3. Determine standard names/identifiers for each food and fluid level.
4. Identify examples of foods appropriate for each texture level.

They also made clear what would *not* be studied: end-users, foods' nutritional adequacy and taste.

Next, identify stakeholders

Dietitians and speech pathologists were identified as critical stakeholders. Also surveyed were consumer, community and industry groups, non-governmental organizations, food service staff and professional bodies, as well as training institutions.

Simple and democratic

To begin the discussion, the Committee created and widely publicized an online survey for all stakeholders. They even phoned targeted facilities and clinicians, alerting them to the survey.

Draft recommendations followed, based on the initial input received. Respondents who wished to continue their participation—over 99% of those polled—received a draft copy and provided further feedback.

Finally, success!

After focus groups and an evidence-based review, the Committee developed the **Australian Clinical Grading Scale**, now encouraged for use across Australia.

Unmodified		Most Modified	
Unmodified: Regular foods	Texture A: Soft Ex: Breakfast cereal well-moistened with milk	Texture B: Minced and Moist Ex: Breakfast cereal with small, moist lumps	Texture C: Smooth Pureed Ex: Smooth, lump-free breakfast cereals
Unmodified: Regular fluids	Level 150: Mildly Thick Thicker than fruit nectars	Level 400: Moderately Thick Similar to room-temperature honey	Level 900: Extremely Thick Similar to pudding or mousse

Reference: Texture-modified foods and thickened fluids used for individuals with dysphagia: Australian standardized labels and definitions. Dietitians Association of Australia and The Speech Pathology Association of Australia Limited. Project Officer Julie A. Y. Cichero, ©2007 The Authors; Nutrition and Dietetics 2007; 64 (Suppl.2): S53-S76.

Did you know...?

Campbell's

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All ten delicious varieties of Campbell's[®] Advanced Cuisine[®] entrées now contain 700 mg of sodium or less per serving.*

*See website for details on serving sizes.

Announcing...Campbell's® Meatless Pot Pie Fillings

Using cooked protein just got easier.

Create wonderful pot pies, meat pies, stews and more, quickly and conveniently. Just add cooked protein to Campbell's® Meatless Pot Pie Fillings.

Delicious Chicken or Beef

Simply mix the fillings with cooked poultry, beef, lamb, ground meat, sausage, seafood and so on. You can also use them as is, for flavourful sauces and gravies, and in stews.



Succulent Seafood Pot Pie, made with Campbell's® Chicken Pot Pie Filling

Ingredients

1/6 Pepperidge Farm® Puff Pastry Sheet	125 g (4.4 oz) Uncooked seafood, in bite-sized pieces
250 g (8.8 oz) Meatless Campbell's® Chicken Pot Pie Filling	1/2 mL (1/8 tsp) Dried dill

Yield: 24 servings Serving Size: 213 g (7.5 oz) Total Time: 1 hr 30 min Effort: Medium

Cut puff pastry to fit baking dish and bake according to package directions. (Optional: for a nice glazed visual, brush with egg wash before baking.) Set aside. In a saucepan combine Pot Pie Filling, seafood and dried dill. Over medium-low heat, gently warm the mixture, stirring often. Once mixture reaches 74°C (165° F), transfer to pot pie dish and top with pre-baked puff pastry.

*Frozen Condensed Tub: 3 x 1.81 kg (4 lb) Tub
Case Yield: 24 X 16 oz servings*

Create your own signature pot pies.

Here are a few ideas....

Campbell's® Chicken Pot Pie Filling		Campbell's® Beef Pot Pie Filling	
Cooked Protein	Optional ingredients/seasonings	Cooked Protein	Optional ingredients/seasonings
<i>Beef</i>	Oregano, garlic, salsa, Dijon mustard	<i>Beef</i>	Rosemary, roasted garlic, peppercorns, smoked paprika, mustard
<i>Pork</i>	Sage, Dijon mustard, thyme, caraway	<i>Pork</i>	Sage, mustard, thyme, caraway
<i>Lamb</i>	Curry powder, mint, rosemary, oregano, coriander	<i>Lamb</i>	Coriander, mint, tarragon
<i>Chicken or Turkey</i>	Salsa, curry powder, cumin, smoked paprika, chili powder, thyme, saffron	<i>Chicken or Turkey</i>	Mushrooms, nutmeg, allspice



Versatile recipe solutions to inspire your menu.
For more information, visit campbellsfoodservice.ca
or call your Campbell's Healthcare Representative 1-800-461-7687



Campbell's® Advanced Cuisine®

Now 700 mg or less of sodium per serving*

Homestyle goodness for patients and residents

Convenient and versatile, these delicious comfort foods were specially developed to enhance the healthcare dining experience. Recent sodium reductions make some varieties appropriate for long-term care.

Ten nutritious varieties...including two meatless choices

Beef Stew, Meat Lasagna, Macaroni and Beef, Shepherd's Pie, Salisbury Steak, Chicken Casserole, Chicken Penne, Sweet and Sour Chicken, Cheese Tortellini in Marinara Sauce, Macaroni and Cheese. Plus one side dish: Cooked White Rice.

Campbell's® Advanced Cuisine®

Cheese Tortellini in Marinara Sauce

Contains two full servings of vegetables!



Menu-planning made easy...

New! See each entrée's nutritional at-a-glance, for simplified meal-planning and ordering.



Sodium
700 mg or less of sodium per serving.*



Low in Saturated Fat
2 g or less saturated fat and trans-fat combined.



Source of Calcium
5% or more of daily value.



Source of Iron
5% or more of daily value.



Source of Fibre
2 g of fibre or more per serving.*



Serving of Fruits and/or Vegetables
At least 1 full serving of fruits and/or vegetables per serving.*



Fat
Each serving* contains 10 g of fat or less.



Full Serving of Grains
At least 1 full serving of grain products per serving.*



Vegetarian
Lacto-ovo-vegetarian: May include milk or milk products and eggs, but excludes meat, poultry, fish and seafood.

For full details and other great Healthcare menu solutions...

Visit campbellshealthcare.ca

Or contact your Campbell's Healthcare Representative. 1-800-461-7687

*See website for details on serving sizes.

Culinary Centre

MenuSource® highlights great-tasting recipes from www.campbellshealthcare.ca

For great menu-matching ideas, get creative with Campbell's texture-modified foods and Power2Cook® Pro recipes, like the delicious one here. Quick and easy, it uses nutrient and calorie-dense Campbell's® Primepuree® — and puts a favourite dish back on the menu for residents and patients with dysphagia.

Pureed Shepherd's Pie

Yields: 18 servings • Serving size: 210 g (7 oz) • Portion Size: 8 cm x 5 cm (3" x 2")

1 tub (1.71 kg/3.75 lbs) Campbell's® Primepuree® Roast Beef
30 mL (2 tbsp) Worcestershire sauce
50 mL (1/4 cup) Ketchup
5 mL (1 tsp) Garlic powder

Topping

2.16 L (2 lbs 4 oz) Creamy mashed potatoes

Method

Thaw Campbell's® Primepuree® in the fridge overnight. Place in bowl. Add remaining ingredients except potato, and stir until thoroughly combined. Transfer to a shallow 3.5 L (9" x 12") pan. Spread with mashed potatoes and cover with foil or oven-safe lid. Bake at 180°C (350°F) for 20 to 25 minutes or until internal temperature reaches 74°C (165° F).

Portion and serve.

Chef's Suggestion

Serve with Campbell's® Gardenpuree® Creamy Corn or Sweet Carrots. Garnish with barbeque sauce.



May we suggest?

For more delicious, easy-to-prepare recipes like this one, visit www.campbellshealthcare.ca

Proven quality and satisfaction: In 2010, Campbell's texture-modified products were served on over 6.7 million meal occasions!

Healthcare Team

Driven by passion, backed by a promise™.

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