

March 10th

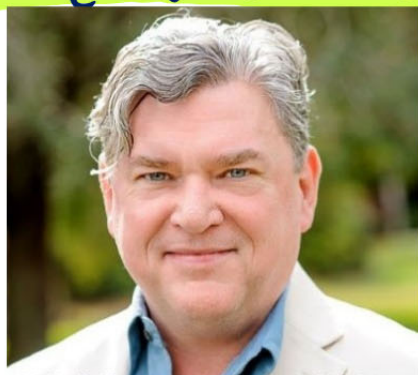


HEALTHCARE SUMMIT *2026*

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Meet The Speakers



DR. KEITH JACKSON



DR. KYRESE JOHNSON



JOHN HERZOG



CINDY CYSEWSKI



SHERRI CONDE

Let's Get Personal with Pureed Foods

Elevating Nutrition, Dignity, and Dining Satisfaction

Tim Davis

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Northeast

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Director of Healthcare Partnerships



Program Objectives

Participants will be able to:

1. Describe the attributes of a Level 4 Pureed Diet.
2. Identify three effective techniques for creating attractive, appetizing pureed meals that meet IDDSI Level 4 standards.
3. List two garnish options that enhance presentation while remaining fully IDDSI-compliant.
4. Describe two key reasons why beautiful pureed meals support dignity, satisfaction, and nutritional well-being.



Agenda

- Level 4 Puree Definition
- Puree Options and Techniques
- Garnishing Purees
- Puree Desserts
- Resources

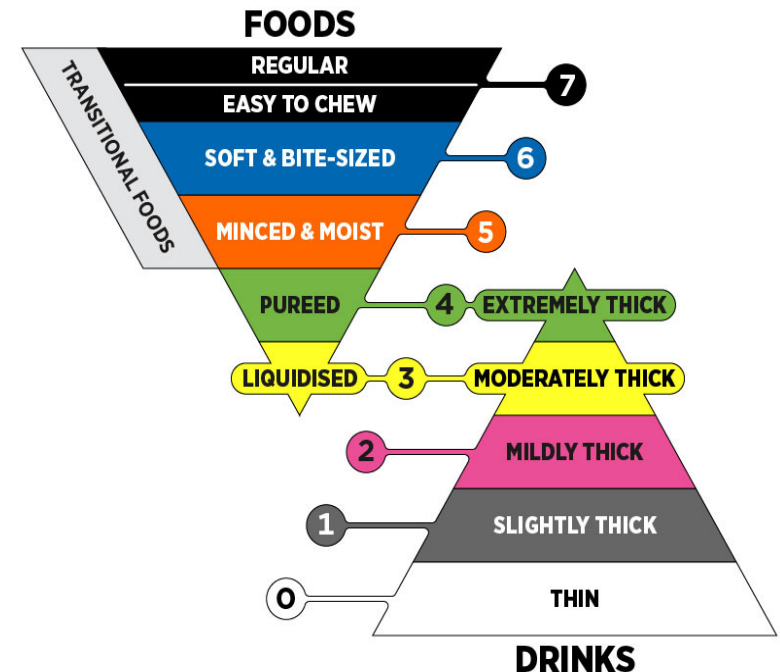


IDDSI L4 Puree Description

- Eaten with a spoon (fork may work)
- Cannot be drunk from a cup
- Does not flow easily; cannot be poured
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered, or molded
- Holds its shape
- Falls off a spoon in one spoonful and keeps its shape on a plate
- NO lumps
- Is not sticky
- No liquid separation from the solid
- Should maintain its moisture balance and cohesion
- Foods should maintain their nutrition integrity
- Foods should be acceptable to the senses (see, taste, smell)

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



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 Derivative works extending beyond language translation are NOT PERMITTED.



Challenges of Pureed Meals

- Affects texture
- Muted colors
- Affects shape of meal
- Often lower acceptance



Important Characteristics of Food

To improve mealtime consumption of puree meals, pay attention to:

- Aroma
- Appearance
- Temperature
- Texture
- Taste
- Shape





Puree Food Selections

Scratch

Bulk RTU

Shaped purees

Shelf Stable Purees



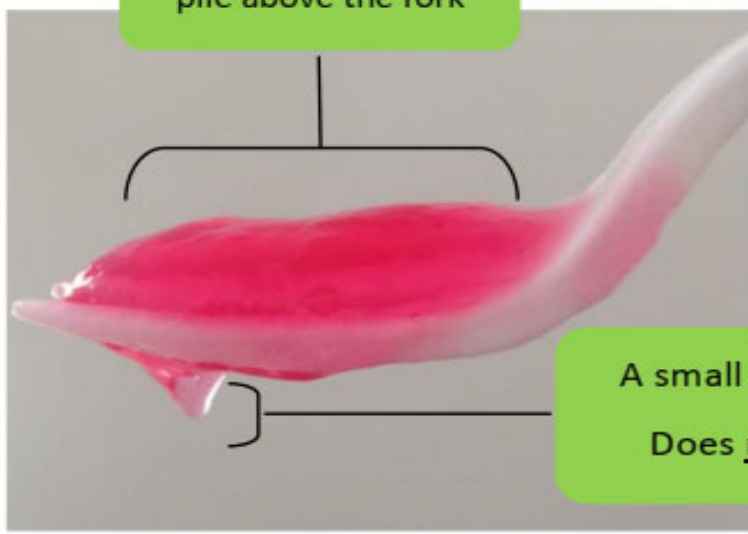
Creating Scratch Purees

Key Steps for High-Quality Scratch Purees

- Cook foods until very soft to ensure smooth blending
- Use broth, milk, or juice (instead of water) to enhance nutrition and flavor
- Blend to a completely smooth consistency with no lumps
- Use IDDSI Fork Drip and Spoon Tilt tests to ensure Level 4 compliance
- Hold hot purees at safe temperatures until service



Sits in a mound or pile above the fork



**PUREED
EXTREMELY THICK**



A small amount may flow through and form a short tail below the fork
Does not dollop, flow or drip continuously through the fork prongs

Spoon Tilt Test: Holds shape on spoon; not firm and sticky; little food left on spoon



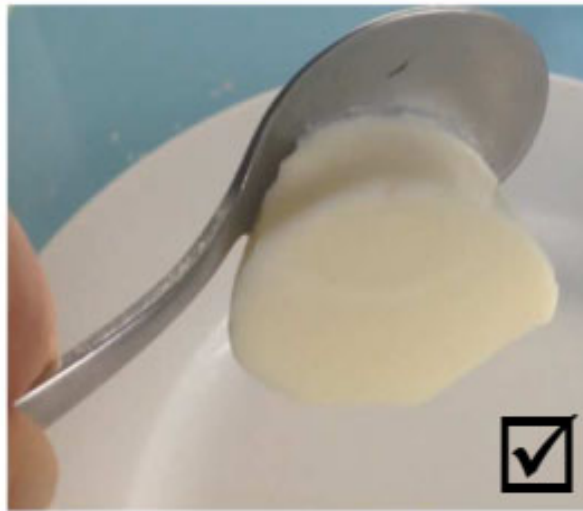
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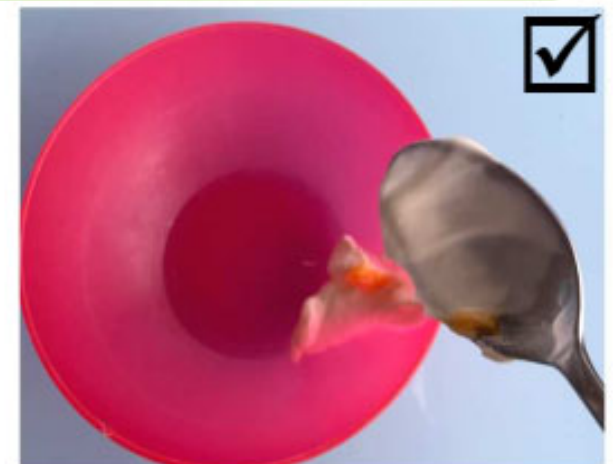
IDDSI 2.0 | July, 2019

The following images show examples of foods that would be suitable or unsuitable for Level 4 according to the IDDSI Spoon Tilt Test

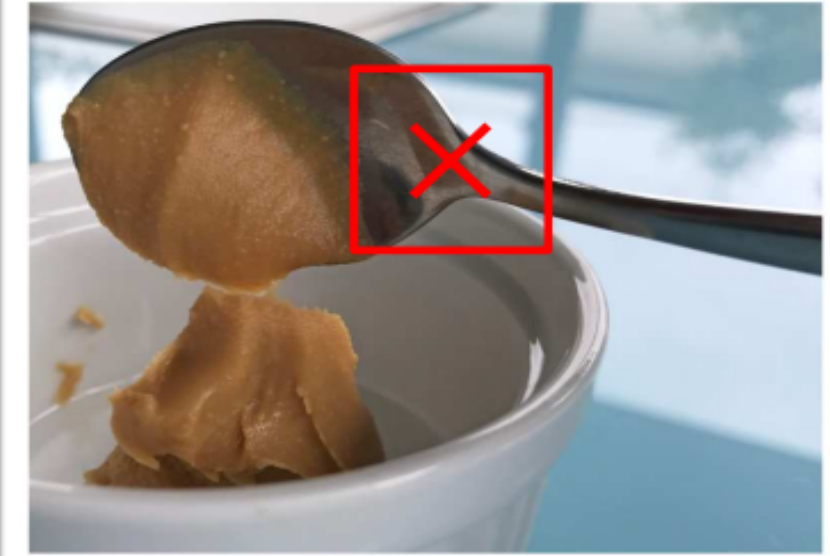
Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



Spoon Tilt Test: UNSAFE: Holds shape on spoon; FIRM AND STICKY; LOTS OF food left on spoon



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HOW TO PUREE FRUIT using Instant Food Thickener



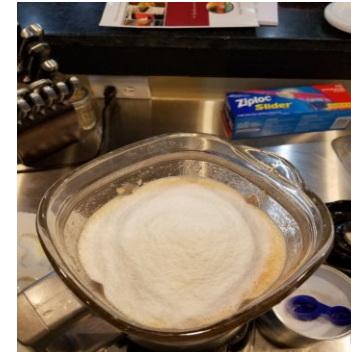
STEP 1. Set aside the correct fruit servings to be served - drain liquid and save



STEP 2. Place fruit in blender – blend and add liquid slowly



STEP 3. Blend until smooth to a “milk-shake” consistency



STEP 4. Add correct amount of Instant Food Thickener – Blend to a “pudding like” consistency



STEP 5. Spray molds with spray release



STEP 6. Fill mold with puree fruit



STEP 7. Cover with plastic wrap



STEP 8. Place in freezer for at least 3 hours



STEP 9. Remove from molds onto large tray – place on plate and serve. Or save individual servings in freezer bags for later date.

HOW TO MAKE PUREED MEAT Using Shape & Serve



STEP 1. Measure the number of portions of prepared entrée based on serving size for regular diet



STEP 2. Place portions into food processor and add HOT liquid



STEP 3. Blend until smooth - "cake-like" batter



STEP 4. Measure correct amount of Shape and Serve based on number of servings and fold into puree



STEP 5. Spray molds or pan with food release



STEP 6. Pour into pan or portion into molds based on number of servings prepared



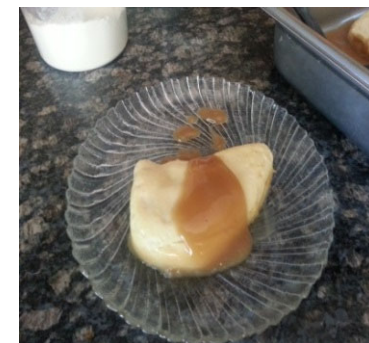
STEP 7. Cover pan with foil OR Cover molds with film and foil



STEP 8. Place molds in perforated steamtable pan and steam until internal temperature reaches 165 F



STEP 9. Remove from steamer. Place covered pan in steamtable. Wait 5 minutes and cut into number of servings prepared. For molds, place into a steamtable pan, foil side down.



STEP 10. Place prepared meat onto plate. Serve with gravy or sauce per menu.

*****Free molds available with proof of purchase***

Using Bulk RTU Purees

Advantages and Best Practices

- Consistent texture
- Reduces IDDSI compliance risk (no lumps, not sticky)
- Saves prep time and reduces labor costs
- Use for batch production, piping, molds, or customizing flavors
- Store following manufacturer and HACCP guidelines to maintain quality





Bulk Purees

FEATURES

- Available in Meats, Vegetables, Pasta and Rice
- Can scoop, mold, or pipe
- 11 to 12 - 1/3 cup servings per bag- Meats and Veggies
- Meats provide 14 grams of protein per serving
- 8 - 1/2 cup servings per bag- Pasta and Rice
- Meets IDDSI guidelines
- Consistent quality
- Heat and serve or use in recipes
- Cost-effective

BENEFITS

- No sanitation concerns
- Promotes safe swallowing
- Eases compliance with state and federal regulations
- Saves time and labor
- Easy to prepare and serve



Strategies: Mixed Foods

When possible, puree and plate components separately



Piping Examples

Photos by Amanda Orchard of Texture Modified Food Solutions <https://texturedfoods.com/>



Puree Pasta Flavoring Ideas



- Use plain or with butter
- Add sauce* and puree meatballs
- Add parmesan cheese and garlic powder
- Add cheese flavoring
- Chicken parmesan with pasta and sauce*

*Sauce must be the appropriate viscosity

Bulk Frozen Puree Rice

Tool Used: Potato Ricer



Cooking Directions



Boil-in-Bag Meats & Vegetables

Steamer Method

1. Preheat steamer 10–15 minutes.
2. Place **frozen bag** in perforated steam pan.
3. Steam until internal temp reaches **165°F** (approx. 20–25 minutes).
4. Let stand for 5 minutes, open bag, and serve.

From Thawed: Steam for 12–15 minutes.

Stovetop Boil-in-Bag

1. Place **frozen bag** in large pot of boiling water.
2. Ensure bag stays submerged.
3. Boil for ~40 minutes or until 165°F.
4. Let stand for 5 minutes, open, and serve.



Using Shaped Purees

Benefits of Shaped Purees

- Improves dining dignity by matching natural food appearance
- No mystery meat or vegetables!
- Reduces plate waste by increasing appetite appeal
- Consistent portion control and nutrient delivery
- Ideal for facilities without equipment like Robo Coupe Processor
- IDDSI compliant



LYONS
HEALTH LABS™

- Use a **microwave-safe pan**; fill with $\frac{1}{2}$ –1 inch of water.
- Place puree(s) **film side up** in water bath, **cover loosely** or vented.
- Microwave for ~5 minutes or until internal temperature reaches 165°–185°F (check with food thermometer).
 - Gently lift film to check temperature in center (do NOT puncture film).
- If not at temperature, replace film and continue steaming (microwave times vary).
- For multiple items: **check each item individually**.
- Flip tray **film side down**, let sit 1–2 minutes.
- With film on, gently tap tray loosen.
- Carefully peel back film, flip over, and **demold onto plate**.
- **Tip for Vegetables:** Lift film and add a small pat of butter before steaming for extra flavor and moisture.
- **Tip for Meats:** Add gravy to retain moisture and provide a more dignified experience.

- Keep film on and facing up during cooking.
- Steam until internal temperature reaches 165°F (sets thickener).
- Place puree(s) film side up in steamer.
- Cook for 20–30 minutes or until 165°F.
 - Gently lift film to check temperature (do NOT puncture film).
- If not at temperature, replace film and continue steaming.
- Flip tray film side down, let sit 1–2 minutes.
- With film on, gently tap tray loosen.
- Carefully peel back film, flip over, and demold onto plate.
- **Tip:** Add gravy for moisture and dignity.



- Keep **film on and facing up** during cooking.
- Steam until internal temperature reaches **165°F** (sets thickener).
- Place puree(s) **film side up** in steamer.
- Cook for **20–30 minutes** or until 165°F.
 - Gently lift film to check temperature (do **NOT** puncture film).
- If not at temperature, replace film and continue steaming.
- Flip tray **film side down**, let sit **1–2 minutes**.
- With film on, gently tap tray loosen.
- Carefully peel back film, flip over, and **demold onto plate**.
- **Tip:** Lift film and add a small pat of butter before steaming for extra flavor and moisture.

- Keep **film on and facing up** during cooking.
- Steam until internal temperature reaches **185°F** (higher temp for batter setting).
- Place puree(s) **film side up** in steamer.
- Cook for **20–30 minutes** or until **185°F**.
 - Gently lift film to check temperature (do **NOT** puncture film).
- If not at temperature, replace film and continue steaming.
- Flip tray **film side down**, let sit **1–2 minutes**.
- With film on, gently tap tray loosen.
- Carefully peel back film, flip over, and **demold onto plate**.
- **Tip:** Lift film and add a small pat of butter to items like waffles before steaming for extra flavor and moisture.

Commercial Pureed Meats & Vegetables Preparation & Cooking Instructions

Contains: Milk, Eggs, Soy

Use perforated tear to portion desired number of servings from tray. Return unused to freezer.

STEAMER METHOD: (preferred method) Place frozen tray of meat/vegetables (film side up) in perforated steam table pan. Steam product to an internal temperature of 165° F. Cooking times will vary depending on the steamer load and pressure. Usually 20-25 minutes. After cooking product, place tray film side down and allow to stand for 3-5 minutes. Remove film, turn tray upside down and push lightly on the bottom of each portion to release. Note: For optimal service, serve with a sauce or gravy after removal of the product from the mold. **FROM THAWED:** Steam 30 minutes or internal temperature reaches 165° F.

OVEN STEAMER METHOD: Place 1/2-inch hot water in shallow oven pan. Place covered tray in pan, clear film side up and cover top of the pan tightly with aluminum foil. Place in 350° F oven for approximately 45 minutes or internal temperature reaches 165° F. Unmold as above. **FROM THAWED** Steam 30 minutes or internal temperature reaches 165° F.

OVEN METHOD: Preheat oven to 235° F. Do not exceed temperature of 235° F - the trays will melt. Place trays in oven on shelf farthest away from the heating element. Bake for approximately 1 1/2 hours or internal temperature reaches 165° F. Remove from oven and immediately remove film. Let stand for 3 minutes. Unmold as above. **Out of Trays (not recommended):** Product may be removed from the mold and cooked. However, slight crusting or shape distortion may occur. Preheat oven to 375° F. Spray sheet pan with non-stick spray. Remove frozen product from trays and place on pan, keeping 2 inches between each. Cover entire pan with aluminum foil and bake approximately 25 minutes or internal temperature reaches 165° F. Remove foil and let stand 3 minutes then move to serving plate. **FROM THAWED** Do not exceed 235° F. Bake 40 minutes or internal temperature reaches 165° F.

STOVE TOP STEAMER METHOD: Place 1/2 inch of hot water into shallow oven pan. Place covered tray in pan, clear film side up and cover top of the pan tightly with aluminum foil. Place on medium heat until water starts to boil. Turn down heat to low, just enough to continue slow boil of water. Never let the pan go dry. Add more water if necessary. Cook approximately 40 minutes or internal temperature reaches 165° F. Remove from pan and remove film. Let stand 3 minutes. Unmold as above. **FROM THAWED** Cook 35 minutes or internal temperature reaches 165° F.

CONVECTION UNIT: Hold product in unit at 38° F for 1 1/2 - 2 hours prior to re-therming. **FROM THAWED:** Heat for standard 48-minute cycle. (From Frozen: Not recommended.)

RE-THERM DIRECTIONS:

Items may be prepared from a refrigerated or frozen state. Plate shaped meat along with other food items such as a vegetable and starch component. To facilitate heating, pour a sauce or gravy over desired items. **Note:** it is best not to exceed 12 oz portion of food on a plate. If preparing from a refrigerated state, thaw under refrigeration for 24 hours prior to re-therming. Re-therm according to manufacturer's directions.

CONDUCTION UNIT: Place dome/cover/lid over plate. **From Frozen or Thawed:** Heat for standard 36-minute cycle.

MICROWAVE DIRECTIONS: For best results thaw sealed individual portions 4 hours to overnight under refrigeration.

Microwave frozen sealed product film side up on low power (30%) for 5 minutes to thaw. Then follow thaw directions.

Microwave thawed sealed product film side up on medium power (50%) for 5-6 minutes reaching 165° F, depending on the type of individual microwave unit used. Allow to stand at least 1 minute. Before opening package, gently rap edge of form to release product. Remove film, turn upside down over plate. Gently push product out of form with finger tips.

MEATS & VEGETABLES BOIL IN BAG PREPARATION INSTRUCTIONS: Thoroughly cook meat & vegetables to an internal temperature of 165 F.

STEAMER: Pre-heat steamer 10-15 minutes. Place frozen bag of product in a perforated steam table pan. Place pan in the steamer and steam until product reaches internal temperature of 165 F. (approx. 20-25 minutes) Let bag stand for 5 minutes. Open bag & serve as desired. Each bag contains 12/3 oz. portions. (Thawed product takes less time to steam—approx. 12-15 minutes)

STOVETOP- (Boil in Bag): Place frozen bag in a large stockpot or kettle. Bring water to a boil. Make sure bag stays submerged in water. Boil until product has reached an internal temperature of 165 F (Approx. 40 minutes) Remove bag from boiling water and let stand at least 5 minutes. Open bag and serve.

FRUIT PREPARATION INSTRUCTIONS:

Thaw under refrigeration, film side up for approximately 6 hours. Separate film from tray in one smooth motion. Place product on surface with flat side facing up, tilt at 90° angle, and rap edge sharply on flat surface. Press back of mold for release. Serve at 40° F or lower. Cover and refrigerate any unused portions.

Shaped Purees

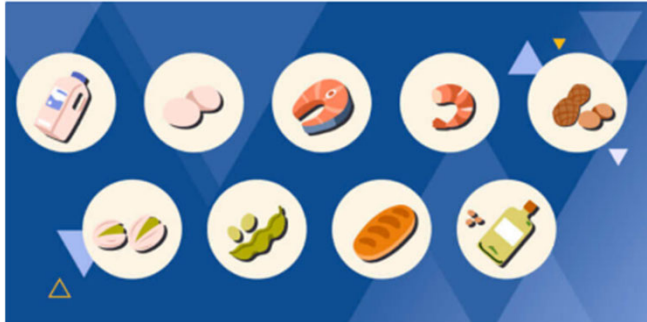
FEATURES

- Available in Meats and Vegetables
- **Simplified ingredient statement**
 - Turkey, chicken, pork and beef do not include the 9 major allergens
 - Vegetables only contain egg allergen
- Protein content is a blend of **brown rice** and **pea protein**
- Meets IDDSI guidelines
- Consistent quality
- Individual servings
- Shelf Life 1 year

BENEFITS

- No waste or sanitation concerns
- Promotes safe swallowing
- Eases compliance with state and federal regulations
- Saves time and labor
- Easy to prepare and serve





NINE Allergens

• The **Big Nine** food allergens—recognized by the FDA as the most common causes of serious allergic reactions are:

- **Milk**
- **Eggs**
- **Fish** (e.g., bass, flounder, cod)
- **Crustacean shellfish** (e.g., crab, lobster, shrimp)
- **Tree nuts** (e.g., almonds, walnuts, pecans)
- **Peanuts**
- **Wheat**
- **Soybeans**
- **Sesame** (*added as the ninth major allergen in 2023*)



• These allergens must be clearly labeled on packaged foods in the U.S. due to their potential to cause severe reactions.

LYONS THICK & EASY

Newly reformulated to give your patients what they want most: a better experience.

We understand how much you care about your patients. That's why every improvement we made was crafted to deliver better experiences all around.

- Removal of 9 major allergens equate to fewer menu restrictions for patients with allergies.
- High quality meats offer a significant daily value of protein.
- Softer texture means patients are more likely to enjoy and benefit from the nutrition you provide.



THICK & EASY® Pureed Chicken
26% DAILY VALUE OF PROTEIN

Ingredients: Dark Chicken Meat, Water, Pea Protein, Canola Oil, Brown Rice Protein, Contains 2% or less of Chicken Stock (Contains Natural Flavor, Sea Salt), Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum.

Does not contain any of the Big 9 allergens.



THICK & EASY® Pureed Roast Beef
30% DAILY VALUE OF PROTEIN

Ingredients: Beef, Water, Pea Protein, Concentrated Beef Stock, Brown Rice Protein, Canola Oil, Contains 2% or less of Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum.

Does not contain any of the Big 9 allergens.



THICK & EASY® Pureed Roast Turkey
29% DAILY VALUE OF PROTEIN

Ingredients: Dark Turkey Meat, Water, Pea Protein, Canola Oil, Brown Rice Protein, Contains 2% or less of Chicken Stock (Contains Natural Flavor, Sea Salt), Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum.

Does not contain any of the Big 9 allergens.



THICK & EASY® Pureed Roast Pork
29% DAILY VALUE OF PROTEIN

Ingredients: Pork, Water, Pea Protein, Pork Broth, Brown Rice Protein, Contains 2% or less of Canola Oil, Modified Cornstarch, Cultured Dextrose (Cultured Dextrose, Maltodextrin), Salt, Konjac Gum.

Does not contain any of the Big 9 allergens.

PRODUCT INFORMATION

FROZEN	Item Number	IODSI Level	Serving Size	Case Pack	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
THICK & EASY® Shaped Pureed Meat															
Shaped Pureed Chicken	37954	✓	3 oz	24/3 oz	140	8	340	2	14	1 yr					
Shaped Pureed Roast Beef	10837	✓	3 oz	24/3 oz	130	7	350	2	15	1 yr					
Shaped Pureed Roast Pork	38393	✓	3 oz	24/3 oz	150	9	360	2	15	1 yr					
Shaped Pureed Roast Turkey	11505	✓	3 oz	24/3 oz	130	7	310	2	15	1 yr					
Shaped Pureed Meats Variety Pk	33539	✓	3 oz	24/3 oz											

*Gluten-containing grains are defined as any one of the grains wheat, rye, or barley, or their crossbred hybrids.

LYONS THICK & EASY

Better nutrition for them. More confidence for you.

We understand how much you care about your patients. That's why every improvement we made was crafted to deliver better experiences all around.

- Fewer allergens equate to fewer patient complications and concerns.
- Garden fresh flavors provide a better dining experience.
- Softer texture means patients are more likely to enjoy and benefit from the nutrition you provide.



27074 THICK & EASY®
SHAPED PUREED CORN

Ingredients: Corn Purée, Soybean Oil, Water, Sugar, Modified Cornstarch, Contains 2% or less of Modified Tapioca Starch, Salt, Dried Egg Whites, Cultured Dextrose (Cultured Dextrose [To Maintain Freshness], Maltodextrin).

Contains: Egg.



12705 THICK & EASY®
SHAPED PUREED PEAS

Ingredients: Green Pea Purée, Water, Soybean Oil, Modified Tapioca Starch, Contains 2% or less of Rice Flour, Sugar, Modified Cornstarch, Salt, Cultured Dextrose (Cultured Dextrose [To Maintain Freshness], Maltodextrin), Dried Egg Whites, Xanthan Gum.

Contains: Egg.



39312 THICK & EASY®
SHAPED PUREED CARROTS

Ingredients: Carrot Purée, Soybean Oil, Water, Sugar, Modified Tapioca Starch, Contains 2% or less of Modified Cornstarch, Rice Flour, Salt, Cultured Dextrose (Cultured Dextrose [To Maintain Freshness], Maltodextrin), Dried Egg Whites, Xanthan Gum.

Contains: Egg.



26522 THICK & EASY®
SHAPED PUREED BROCCOLI

Ingredients: Broccoli Purée, Water, Soybean Oil, Modified Tapioca Starch, Contains 2% or less of Rice Flour, Modified Cornstarch, Sugar, Salt, Cultured Dextrose (Cultured Dextrose [To Maintain Freshness], Maltodextrin), Dried Egg Whites, Xanthan Gum.

Contains: Egg.



12118 THICK & EASY®
SHAPED PUREED GREEN BEANS

Ingredients: Green Bean Purée, Water, Soybean Oil, Modified Tapioca Starch, Contains 2% or less of Rice Flour, Sugar, Modified Cornstarch, Salt, Cultured Dextrose (Cultured Dextrose [To Maintain Freshness], Maltodextrin), Dried Egg Whites, Xanthan Gum.

Contains: Egg.

PRODUCT INFORMATION

Always test for the appropriate IODSI level

FROZEN	Item #	IODSI Level	Serving Size	Case Pack	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
THICK & EASY® Shaped Pureed Vegetables and Side Dishes															
Shaped Pureed Carrots	39312	✓	each	24/3 oz	150	9	330	17	1	1 yr	N				
Shaped Pureed Broccoli	26522	✓	each	24/3 oz	140	9	390	12	2	1 yr	N				
Shaped Pureed Corn	27074	✓	each	24/3 oz	190	10	340	23	1	1 yr	N				
Shaped Pureed Peas	12705	✓	each	24/3 oz	140	7	370	15	3	1 yr	N				
Shaped Pureed Green Beans	12118	✓	each	24/3 oz	120	8	370	12	1	1 yr	N				
Shaped Pureed Vegetable Variety (Corn, Carrot, Green Bean, Green Pea)	47876	✓	each	24/3 oz	—	—	—	—	—	1 yr	N				

*Gluten-containing grains are defined as any one of the grains wheat, rye, or barley, or their crossbred hybrids.



SCAN HERE
for more information on Shaped Purees
or visit www.healthyhealthlabs.com

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HEALTH LABS®
NOURISHMENT WHEN YOU NEED IT MOST®
HLL00020-01

Shelf Stable Purees



Product Highlights

- ✓ Ideal for emergency and disaster preparedness menus
- ✓ 18-month extended shelf life
- ✓ Packed 7 units per case
- ✓ Ready to serve—heats in the microwave in just 60 seconds
- ✓ Perfect for nursing stations, after-hours service, and late-night admissions





Garnishes

- Carrot puree
- Avocado puree
- Pea puree
- Celery puree
- Tomato puree



Other Garnishing Ideas*

- Pumpkin
- BBQ Sauce *
- Tomato/Marinara Sauce
- Taco Sauce
- Cranberry Sauce
- Applesauce or other Fruit Sauces
- Gravy
- Salad Dressings
- Hollandaise Sauce
- Cheese Sauce
- Powdered Sugar



*All garnishes must be appropriate consistency for resident

Plate a Puree





Thanksgiving Meal





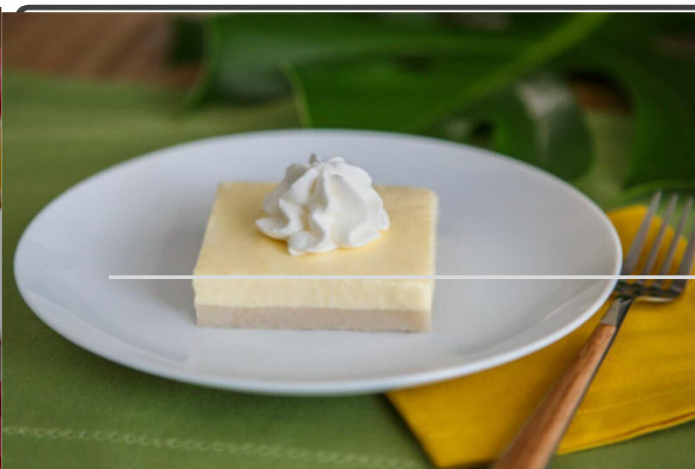
Caribbean Jerk Chicken



Spaghetti & Meat Sauce



Puree Pizza



Puree
Dessert
Ideas

Puree Dessert & Bread Mix



To use **Thick & Easy Bread Mix**, follow these directions.



Combine Ingredients: In a bowl, combine the bread mix with the recommended amount of oil. Add liquid (e.g., water, milk, or broth) until well blended. Liquids must be 165F.



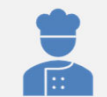
Mix and Pour: Pour into pans or molds sprayed with pan release. Use a spatula to smooth the surface of the mixture.



Let Stand: Allow the mixture to stand for about 10-15 minutes until it has set.



Serve: Once set, invert the pan onto a cutting board, unmold, slice, and serve.



For specific recipes, refer to the detailed instructions provided in the recipe.

Recipes: Puree Bread Mix

- Pineapple upside down cake
- Biscuits
- Drop cookies
- Bread pudding
- Garlic bread
- French toast
- Cornbread
- Pancakes
- Jelly roll
- Bread slices
- PB&J





Puree Turkey Sandwich





Each frozen dessert is verified gluten free and contains 290 calories and 9 grams of protein
Meets Level 4 Extremely Thick Consistency Requirements

Thickeners



Clear Instant Food & Beverage Thickener

- Xanthan Gum - reliable viscosity
- Use in hot or cold, even carbonated drinks
- Will not thicken over time, lower in carbs than starch



Instant Food & Beverage Thickener

- Modified Corn starch main ingredient
- Can thicken over time, adds minimal carbs
- Most common in kitchens to thicken foods

Program Objectives

Participants will be able to:

1. Describe the attributes of a Level 4 Pureed Diet
2. Identify three effective techniques for creating attractive, appetizing pureed meals that meet IDDSI Level 4 standards.
3. List two garnish options that enhance presentation while remaining fully IDDSI-compliant.
4. Describe two key reasons why beautiful pureed meals support dignity, satisfaction, and nutritional well-being.



Value Added Services



- Presentations for CEU Credits
- IDDSI Training and other training videos available online
- Participate in GPO | Healthcare shows
- Product Demos
- Recipes and videos on our website:
www.lyonshealthlabs.com
- Preparation instructions
- IDDSI Resources – funnels, Lanyard cards, pocket guides, & Posters
- Nutrition information/Spec Sheets
- POS
- Home Health online:
 - Store.lyonsreadycare.com
 - www.amazon.com/readycare

Video Resources

Thick & Easy® Product Training - Lyons Health Labs

DYSPHAGIA & THE CAREGIVER Thick & Easy® Training

About Our Host

[Jen Haugen](#), RDN, LD, is a mom and dietitian who helps others with time-saving tips, tools, and tasty recipes. She is the author of *The Mom's Guide to a Nourishing Garden*, is a Director and Independent Consultant with Pampered Chef, and is a nutrition consultant and nationally-recognized speaker.

➤	Thick & Easy® Clear Thickener
➤	Thick & Easy® Instant Food Thickener
➤	Thick & Easy® Shape and Serve
➤	Thick & Easy® Bread and Dessert Mix
➤	Thick & Easy® Pasta
➤	Thick & Easy® Pureed Rice
➤	Thick & Easy® Shaped Pureed Breakfasts
➤	Thick & Easy® Shaped Fruit
➤	Thick & Easy® Shaped Meat
➤	Thick & Easy® Shaped Vegetables
➤	Thick & Easy® Pasta & Rice: IDDSI Level 4
➤	Thick & Easy® Level 5 Meats Preparation

More Lyons Healthcare Resources



Website for Healthcare Professionals

[Nourishment When You Need It Most® - Lyons Health Labs](#)



Home Delivery

[Nourishment When You Need It Most® - Lyons Health Labs](#)



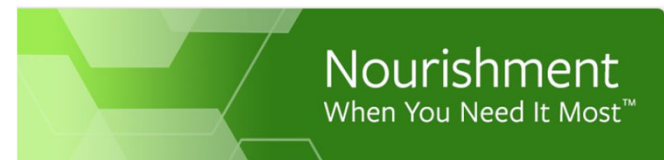
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THANK YOU!



www.lyonshealthlabs.com



Let's get Cooking