

# Yogurt solutions your dysphagia patients *will love*

DYSPHAGIA PRODUCT LIST Updated September 2023





The International Dysphagia Diet Standardisation Initiative (IDDSI) has set out clear guidelines for how to safely nourish patients with dysphagia. General Mills Foodservice is committed to providing products to help you implement IDDSI guidelines in your operation.

## YOPLAIT™ CREAMY

Product Description	Dysphagia Levels	Order Code	Case GTIN	Package GTIN	Case Pack/Weight	Distributor Code
Yoplait™ Creamy 1.5MF Strawberry	4 5 6 7	604372000	10056920043723	56920043726	4/2 kg	
Yoplait™ Creamy 1.5MF Vanilla	4 5 6 7	604371000	10056920043716	56920043719	4/2 kg	
Yoplait™ Creamy 1.5MF Cherry/Peach/Fieldberry/Strawberry	7	604332000	10056920043327	56920043320	48/100 GR	
Yoplait™ Creamy 2.3MF Plain	7	604370000	10056920043709	56920043702	4/2 kg	

## YOPLAIT™ SOURCE

Product Description	Dysphagia Levels	Order Code	Case GTIN	Package GTIN	Case Pack/Weight	Distributor Code
Yoplait™ Source OMF Fieldberry/Peach/Raspberry/Strawberry	7	606020000	10056920060201	56920060204	48/100 GR	

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### LEVEL 4 - EXTREMELY THICK, PUREED

- Can often be eaten with a spoon, but sometimes a fork
- Can't be drunk from a cup
- Don't need to be chewed
- Can be molded, such as gelatin
- Are not sticky or lumpy
- Fall off a spoon all together when tilted and still hold shape on a plate.  
*For example, pudding.*
- Can't be poured but move very slowly if the plate is tilted

**5**

### LEVEL 5 - MINCED, MOIST

- Can be eaten with a fork or spoon or chopsticks if you have good hand control
- Can be scooped and shaped on a plate. *For example, mashed potatoes.*
- Are soft and moist but don't separate into liquid
- May have small lumps that can be mashed with the tongue

**6**

### LEVEL 6 - SOFT, BITE-SIZED

- Are tender, moist, and bite-sized
- Can be eaten with a fork, spoon or chopsticks but don't need a knife to cut
- Must be chewed

**7**

### LEVEL 7 - REGULAR, EASY TO CHEW

- Normal, everyday foods of varying textures, including soft, stringy, and hard and crunchy
- Foods that can be eaten by any method. *For example, from a cup or using utensils.*
- Foods that need to be chewed, with all types of textures and may have pieces that can't be swallowed, such as gristle



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