

BASIC AMERICAN FOODS™

IDDSI SOLUTIONS

for your menu



Designed for International Dysphagia Diet Standardisation Initiative (IDDSI) requirements

POTATO & BEAN SOLUTIONS FOR IDDSI



Minced Potato Bake
See recipe on page 3

WHAT IS IDDSI?

A global initiative, IDDSI was created to standardize terminology, definitions and testing methods for texture-modified foods and thickened liquids. It is aimed to improve the safety and care for individuals with dysphagia, a swallowing disorder. As of October 2021, IDDSI is the only texture-modified diet recognized by the Academy of Nutrition & Dietetics in its Nutrition Care Manual (NCM)®.

The IDDSI Framework

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



ADD VARIETY TO YOUR MENU WITH OUR WIDE RANGE OF FOODS THAT MEET MOST IDDSI FOOD LEVELS

The IDDSI levels indicated are based on preparation according to package directions. Our foods may be used in recipes or alternate preparation that may pass testing for IDDSI levels other than indicated here. Due to variability in food and preparation techniques, operators should verify final IDDSI level by doing their own test.



Mashed Potatoes
Most Meet Level 4 — Pureed



Redi-Shred® Hashbrowns
(oven prep only)
Meet Level 7 — Easy to Chew



Casseroles
Meet Level 7 — Easy to Chew



Plant Protein
Meet Level 7 — Easy to Chew

ALTERNATE PREPARATION METHODS & RECIPES FOR LEVEL 5

AU GRATIN OR SCALLOPED POTATO BAKES

BAF Au Gratin Potatoes SKU 20922 and
BAF Scalloped Potatoes SKU 94595



Raw Minced Potato Slices

Yield: About 44, 4 oz servings

Instructions

1. Pour half of the dry potato slices into a 3 qt Robocoup or industrial food processor.
2. Mince the slices: process for 15 seconds, stop to allow the potatoes to settle, then process 15 seconds or until pieces are no larger than 4 mm wide and 15 mm long.* Remove any odd, over-sized pieces. Repeat with remaining slices.
3. In a 2½" deep, full steamtable pan, place 5 qts of boiling water for convection oven (4.5 qts for conventional) and 4 oz unsalted butter.
4. Stir in both packets of sauce mix until dissolved.
5. Add minced potato slices. Stir until combined.
6. Bake covered in convection oven at 300°F (149°C) for 45-60 minutes [400°F (204°C) in a conventional oven].
7. Before serving, test that pieces are easily mashable with the tines of a fork and the sauce is thickened. If not, cook covered for an additional 5-15 minutes.

Nutrition: Au Gratin Potatoes

Cal. 100 | Fat 3g | Sat. Fat 1.5g | Sod. 200mg | Carb. 18g | Prot. 2g

Nutrition: Scalloped Potatoes

Cal. 100 | Fat 3g | Sat. Fat 1.5g | Sod. 160mg | Carb. 18g | Prot. 2g

For half-carton preparation for all recipes, use half of the potatoes and half of each ingredient amount specified. Bake in a 2½" deep, half steamtable pan. Cook time and temperature remain the same.

REDI-SHRED® POTATO BAKES

Create delicious potato bakes with BAF Redi-Shred® Hashbrowns
SKU 71341 and different sauces.

BAKED REDI-SHRED® POTATOES WITH GRAVY

Yield: About 40, 4 oz servings

Sauce Ingredients

1 gal Low Sodium Gravy (dry or canned), prepared, heated (not boiled) to 165-180°F (74-82°C)

Nutrition

Cal. 140 | Fat 1.5g | Sat. Fat 1g | Sod. 35mg | Carb. 28g | Prot. 3g

BAKED REDI-SHRED® POTATOES WITH TOMATO SAUCE

(Dairy Free)

Yield: About 36, 4 oz servings

Sauce Ingredients

0.5 gal No Salt Added Tomato Sauce (smooth)
0.5 gal Low Sodium Chicken Broth (or broth of your choosing)
2 tsp Salt
1 tsp Fine Ground Pepper
2 tsp Onion Powder
1 tsp Garlic Powder

Nutrition

Cal. 130 | Fat 1g | Sat. Fat 0g | Sod. 150mg | Carb. 26g | Prot. 4g

Instructions

1. Pour half of the dry hashbrowns into a 3 qt Robocoup or industrial food processor.
2. Mince the hashbrowns: process for 15 seconds, stop to allow potatoes to settle, then process another 15 seconds or until pieces are no larger than 4mm wide and 15 mm long. Remove any odd, over-sized pieces.
3. Repeat steps 1-3 with remaining hashbrowns, if necessary.
4. Place sauce ingredients into full pan.
5. Add minced hash browns. Stir until combined.
6. Bake covered in convection oven at 300°F (149°C) for 25-30 minutes [400°F (204°C) in a conventional oven].
7. Before serving, check that pieces are easily mashable with the tines of a fork. If not, cook covered an additional 5-15 minutes.

*4 mm is about the gap between the prongs of a standard dinner fork. Depending on the strength of your food processor, you may need to process longer, using the size as an indicator of when to stop. (A consumer grade food processor may be used if the product is processed long enough to reduce the piece size appropriately. Do not use a mixer).

OUR DELICIOUS FOODS

			PREPARED ACCORDING TO PACKAGE DIRECTIONS			
DESCRIPTION	SKU	PACK	PUREED 4	MINCED & MOIST 5	SOFT & BITE-SIZED 6	EASY TO CHEW EC 7
MASHED POTATOES						
Brilliant Beginnings® (Scratch quality potato base)						
Mashed Potatoes	10630	6/26 oz		✓	✓	✓
Potato Pearls® Fully Flavored						
EXCEL® Original Butter Mashed	76468	12/28 oz	✓	✓	✓	✓
	10056	1/40 lb				
EXCEL® Creamy Butter Mashed w/ Skins	10040	12/27.16 oz		✓	✓	✓
EXCEL® Redskin Mashed	10349	8/32.5 oz		✓	✓	✓
EXCEL® Gold Mashed	10379	8/31.9 oz	✓	✓	✓	✓
Nature's Own Mashed	10169	10/29.3 oz	✓	✓	✓	✓
Country Style Mashed	81056	12/30.7 oz		✓	✓	✓
Golden Extra Rich Mashed	53498	12/29.6 oz	✓	✓	✓	✓
	14110	6/3.7 lb				
	70659	1/50 lb				
Mashed Sweet Potatoes	10861	10/26.7 oz			✓	✓
Potato Pearls® Lower Sodium						
EXCEL® Original Butter Mashed - Reduced Sodium	10799	12/28 oz	✓	✓	✓	✓
Smart Servings™ Mashed w/Vit C - Low Sodium	10426	12/26.5 oz	✓	✓	✓	✓
Extra Rich Mashed - Low Sodium	81837	6/3.55 lb	✓	✓	✓	✓
Value (High-volume preparation in a mixer)						
Mashed Potato Granules Complete, Non-Dairy w/Vit C - L/S	10215	6/5.31 lb	✓	✓	✓	✓
Mashed Potato Granule, Non-Dairy w/Vit C - L/S	10217	6/5.75 lb	✓	✓	✓	✓
HASHBROWNS*						
Redi-Shred® Hashbrowns (oven prep only)	71341	6/2.5 lb				✓
CASSEROLES & CUT POTATOES						
Au Gratin Potato Casserole - Reduced Sodium	20922	6/2.25 lb				✓
Scalloped Potato Casserole - Reduced Sodium	94595	6/2.25 lb				✓
Shredded Potato Cheese Bake - Reduced Sodium	33787	6/34 oz				✓
Sliced Potatoes 1/8" - Low Sodium	25595	4/5 lb				✓
PLANT PROTEIN						
All Santiago® Refried Beans	54914, 10166, 82948, 11398, 10302, 67245	N/A				✓
Santiago® Seasoned Vegetarian Black Beans	60045	6/26.9 oz				✓
Santiago® QUICK-START® Vegetarian Chili w/Red Beans	10298	6/20.8 oz				✓
Lentil Penne	10847	2/5 lb				✓

*Only Hashbrown SKU that meet an IDDSI food level is included.

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