

Campbell's

CLASSIC SOUPS



1-2-3 Thickened Soup!

In just 3 simple steps, **Campbell's®** Classic Soups can be adapted to meet thickened fluid diets.

HOW TO PREPARE NOURISHING THICKENED SOUPS

STEP 1 — Reconstitute soup as per label instructions

STEP 2 — Puree & strain

- Blend until smooth
- Strain the soup into a container. Retain soup for step 3. Discard particulates

STEP 3 — Add thickener and heat soup

- Blend soup with a hand blender stirring in a circular motion to reach desired consistency
- Heat soup to 71°C (160°F)
- Perform IDDSI flow test to ensure compliance to www.iddsi.org

CLASSIC SOUP, CONDENSED

Soup	Campbell's® Code	Reconstituted Soup Measurement*	IDDSI Levels		
			Mildly Thick	Moderately Thick	Extremely Thick
Chicken Noodle	01256	2.72 L (96 oz.)	50 mL (17.5 g)	107 mL (37.5 g)	417 mL (144 g)
		180 mL (6 oz.)	6 mL (2 g)	13 mL (4.5 g)	52 mL (18 g)
Tomato	00016	2.72 L (96 oz.)	22 mL (7.5 g)	80 mL (27.5 g)	406 mL (140 g)
		180 mL (6 oz.)	3 mL (1 g)	9 mL (3 g)	49 mL (17 g)
Tomato Reduced Sodium	18987	2.72 L (96 oz.)	22 mL (7.5 g)	80 mL (27.5 g)	406 mL (140 g)
		180 mL (6 oz.)	3 mL (1 g)	9 mL (3 g)	49 mL (17 g)
Cream of Mushroom	01266	2.72 L (96 oz.)	22 mL (7.5 g)	80 mL (27.5 g)	406 mL (140 g)
		180 mL (6 oz.)	3 mL (1 g)	9 mL (3 g)	49 mL (17 g)
Cream of Chicken	01036	2.72 L (96 oz.)	22 mL (7.5 g)	80 mL (27.5 g)	406 mL (140 g)
		180 mL (6 oz.)	3 mL (1 g)	9 mL (3 g)	40 mL (17 g)

*Reconstituted 1.36 L (48 oz) can of soup is equivalent to 2.27 L (96 oz) of prepared soup.

This chart is directional and was created using a powdered thickener made from a gum blend. Adjustments may be required at time of preparation to meet targeted level.



Soups have been evaluated against the IDDSI critical framework criteria following instructions in this guide and point of service holding temperature at 71°C (160°F).

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