

SOUPS AND BROTHS

Serving Size: 1 Cup = 8 oz.

Ingredients:

	1 portion	2 portions	4 portions
Cream or Broth	1 Cup	2 Cups	1 quart
Crackers	2	4	8
Thickener-only if needed	2 Tbsp.	¼ Cup	½ Cup

Directions:

1. Prepare soup per recipe or from can.
2. Puree in a blender. DO NOT fill blender more than 2/3 full.
3. When consistency is smooth, reheat and serve.
4. If person requires thickened liquids, you may have to add thickener to achieve the desired consistency.

NOTE: For Dysphagia Mechanical texture, it's safer to puree, but if person can tolerate a chunky soup without swallowing difficulty, serve it. Cream soups are more easily tolerated.

- You can fortify soups with ¼ C. non-fat dry milk solids to increase calories by 80 and protein by 8 grams.
- Soups are pureed because persons with swallowing problems cannot distinguish between the liquid and solids in the mouth. For example chicken noodle soup or vegetable soups has broth and then noodles and vegetables. By pureeing they have one consistency.

Diabetic: Cream Soup: 1 milk exchange, 2 fat exchanges and 1 vegetable exchange.
Broth soups OK.

Low Sodium: 2 Gram use salt-free soups only. Do not add salt later. 3-4.5 Gram low-salt soups OK.

Low Fat/Low Cholesterol: Use water or nonfat milk. Limit fats.

Bland: No spicy soups; give what person can tolerate.