

Culinary Hydration Tips

Contributed by: Peter Rick, RD / Chef / IDDSI Enthusiast



Consider the liquid content of foods as a step in the right direction for client hydration.

- Fruits that are higher in water content like watermelon, strawberries, oranges, cantaloupe, apples, and others
- Vegetables that are higher in water content like most lettuces, celery, some leafy vegetables like Bok choy, cucumber, zucchini, tomatoes, and others
- There are some good online sources and suggestions



Consider the liquid content of menu items:

- Soups on the menu are always a hydration winner
- Water-packed canned fruits and vegetables
- Consider liquid accompaniments, such as sauces and gravies
- Consider leaving liquids in recipes and using commercial food thickeners to retain the liquid component of the recipe



Transform with temperature, meaning if menu items are traditionally served at certain temperatures, consider altering to add hydration options.

- Freezing cold drinks like juices and milk into popsicles and even tasty creamsicle ideas
- Chilling hot drinks like coffee and teas into popular drinks like chilled coffee/teas
- Warming chilled drinks so other options are available, like apple cider or honeyed milk

In the end, success in menu planning is all about the “offer.” Building variety and considering all options are part of a successful hydration strategy for all age groups.

TRY THIS FUN & HYDRATING CREAMSICLE RECIPE

created & tested by Chef Peter Rick



**Melted product
maintains IDDSI 2**



**See Easy
RECIPE**
on next page



**HORMEL
HEALTH LABS**

NOURISHMENT WHEN YOU NEED IT MOST®

HYDRATING CREAMSICLE RECIPE

created by Chef Peter Rick

INGREDIENTS

IDDSI Level **2**

Serving Size:

THICK & EASY® Thickened Dairy
Item 84112

1 Serving

25 ml

10 Servings

250 ml

THICK & EASY® Clear Thickened Orange Beverage
Item 42161

50 ml

500 ml



Nutrition Facts Valeur nutritive

Per 1 serv (75 g)
pour 1 serv (75 g)

Calories 40

% Daily Value*
% valeur quotidienne*

Fat / Lipides .5 g

1 %

Saturated / saturés 0 g
+ Trans / trans 0 g

2 %

Carbohydrate / Glucides 8 g

Fibre / Fibres 0 g

0 %

Sugars / Sucres 6 g

6 %

Protein / Protéines 1 g

Cholesterol / Cholestérol <5 mg

Sodium 35 mg

2 %

Potassium 40 mg

0 %

Calcium 30 mg

2 %

Iron / Fer 0 mg

0 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

DIRECTIONS

1. Add the two thickened drinks (Level 2 Thickened Dairy and Level 2 Thickened Orange Juice) in the suggested proportions (1:2) and stir to combine.
2. Pour the mixed thickened drink into the popsicle forms and freeze. When frozen, run the outside of the popsicle form under hot water for a moment to loosen from the mold. Pull the popsicle out of the mold.
3. Conduct IDDSI tests.

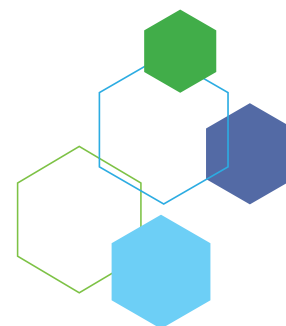
SHELF STABLE	Item Number		IDDSI Level	Serving Size	Pack Size	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
THICK & EASY® Thickened Beverages																
Thickened Dairy – Nectar	84112		2	236 mL	27/236 mL	170	5	210	23	8	15 mo	Ⓢ				✓
Thickened Orange Juice – Nectar	42161		2	250 mL	6/1.36 L	110	0	70	27	1	1 yr	Ⓢ				

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



NOTE: Purchased on Amazon.
Stainless steel, re-usable freezer forms.

1 serving – 75 ml or 75 g – fills a popsicle form almost full



intoGREAT *

IntoGREAT Clinical support
Lorraine Huza, RD – ON/MB/QC
lorraine@intogreat.ca • (514) 919-5876
IntoGREAT Clinical and HC Sales support
Ali J. Chernoff, RD – BC/AB/SK Western Canada
ali@intogreat.ca • (604) 838-7358

BRAND Ignition
SALES & MARKETING

Brand Ignition Sales & Marketing
Todd Stevens
ON/QC & Atlantic provinces
todd.stevens@brandignition.ca
(905) 870-8633



For more information visit
IDDSI.org

HORMEL HEALTH LABS

NOURISHMENT WHEN YOU NEED IT MOST®
(800) 523-4635 | © 2022 Hormel Foods, LLC

For recipes and product guide
VisitHormelHealthLabs.ca