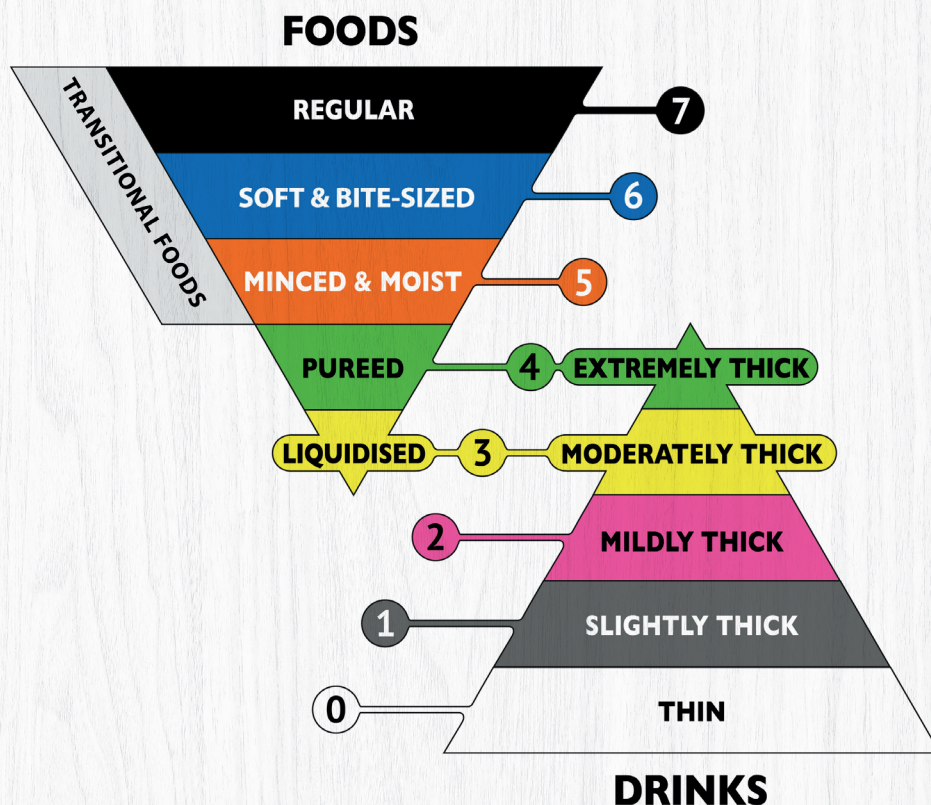


Introducing **IDDSI**

International Dysphagia Diet Standardisation Initiative

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global standard with terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and for all cultures. The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by text labels, numbers, and colour codes to improve safety and identification. The standardised descriptors and testing methods will allow for consistent production and easy testing of thickened liquids and texture modified foods.



The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/framework/>.

Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.

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Understanding the new standards

The aim is to have the IDDSI framework fully implemented in the UK by April 2019

For more information the website www.iddsi.org offers comprehensive information about IDDSI.

The current descriptors broadly match the IDDSI level. However these are subjective, not specific. Product labelling with National Descriptors was not definitive. Don't assume a certain product maps across directly to a certain IDDSI Level.



Current System	New IDDSI Standard
Regular	Regular
Texture E Fork Mashable	6 Soft & Bite Sized
Texture D Pre-Mashed	5 Minced & Moist
Texture C Thick Pureé	4 Pureed
Texture B Thin Pureé	3 Liquidised

The current descriptors broadly match the IDDSI level. However these are subjective, not specific. Product labelling with National Descriptors was not definitive. Don't assume a certain product maps across directly to a certain IDDSI Level.

This guide is not intended to replace individual care plans or substitute the advice of health professionals such as doctor or dietitian. If you are in any doubt please consult a qualified appropriate medical professional. All solutions provided by caterers for residents suffering from dysphagia should be approved by a relevant clinician before application.

Level 3 – Liquidised/Moderately Thick



Description:

- Can be drunk from a cup
- Some effort is required to suck through a standard bore straw (=6.9mm diameter)
- Cannot be piped, layered or moulded on a plate
- Cannot be eaten with a fork because it drips slowly in dollops through prongs
- Can be eaten with a spoon
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no bits



How to test:

- Test liquid flows through a 10ml slip tip syringe leaving >8ml in the syringe after 10 seconds
- Spoon tilt test – Easily pours from spoon when tilted; does not stick to spoon



Level 4 – Pureed



Description:

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on plate
- No lumps and not sticky
- Liquid must not separate from solid



How to test:

- Fork pressure test – the tines of a fork can make a clear pattern on the surface, and /or the food retains the indentation from the fork. No lumps.
- Spoon tilt test – Cohesive enough to hold its shape on the spoon. A full spoonful must plop off if the spoon is tilted; a very gentle flick may be necessary to dislodge the sample from the spoon.

Level 5 – Minced and Moist



Description:

- Can be eaten with a fork or spoon
- Can be scooped and shaped (e.g. into a ball shape)
- Soft and moist with no separate thin liquid
- Small lumps visible within the food (4mm lump size)
- Lumps are easy to squash with tongue

How to test:

- Fork pressure test – when pressed with a fork the particles should easily be separated between and come through the tines of a fork.
- Fork drip test – a scooped sample sits in a pile or can mound on the fork and does not easily or completely flow or fall through the tines of a fork



Level 6 – Soft & Bite-Sized



Description:

- Can be eaten with a fork, or a spoon. Can be mashed/ broken down with pressure from fork or spoon
- A knife is not required to cut this food, but may be used to help loading a fork or spoon
- Chewing is required before swallowing
- Soft, tender and moist throughout but with no separate thin liquid
- 'Bite-sized' pieces as appropriate for size and oral processing skills (adults 15mm pieces)

How to test:

- Fork pressure test – pressure from a fork held on its side can be used to 'cut' or break this texture into smaller pieces. When a piece is pressed with the base of a fork to a pressure where the thumb nail blanches to white, the sample squashes and changes shape, and does not return to its original shape when the fork is removed

