

International Dysphagia Diet Standardisation Initiative (IDDSI) Australian Training slides

March 2019



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What is IDDSI?

- Published online November 2015 www.iddsi.org and free from the Dysphagia Journal: Cichero et al. (2017) Dysphagia, 32: 293-314
- Global standardised framework that provides terminology and definitions for texture modified foods and thickened liquids
- A continuum of 8 levels (0-7)
- Colour-coded model
- Culturally neutral terminology
- Includes descriptors, testing methods and evidence for both drink thickness and food texture levels



March 2019
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IDDSI is a global standardized framework that provides terminology and definitions for texture modified foods and thick drinks

It is a continuum of 8 levels from zero to seven

The colour coding has been designed to reduce challenges for people with colour blindness

The terminology is culturally neutral

IDDSI includes descriptors, testing methods and evidence for drink thickness and food texture levels

Australia - Professional adoption

In 2016 the IDDSI Framework was formally adopted by these professional associations, with implementation planned for 1 May 2019



In lieu of government regulations, Professional Associations provide leadership on professional practice

The IDDSI Framework was formally adopted by the Dietitians Association of Australia, Speech Pathology Australia and the Institute of Hospitality in HealthCare in 2016 with a plan for implementation on 1 May 2019. Adoption of the IDDSI framework is voluntary, in the same way that the adoption of the Australian standardized terminology was voluntary. In lieu of government regulations, Professional Associations provide leadership on professional practice.

The evolution of IDDSI in Australia



Australian IDDSI Steering Committee has representation from:



The steps for the introduction of IDDSI in Australia is shown in this slide. The members of the Australian Steering Committee are shown along the bottom of the slide

Australia ...why are we changing?

Ability to classify thickened liquids that flow through infant teats*



*Identified by Australian clinicians as needed (2012, Jukes et al. *Int J Sp-Lang Path*)

Australian Standards for Texture Modified Foods and Fluids

The provision of thickened fluids and texture modified foods is a routine part of the assessment and management of feeding and swallowing difficulties (dysphagia).
If you need assistance with the level of fluid and food texture modification required, contact your Speech Pathologist.
To find a Speech Pathologist, go to www.speechpathologyaustralia.org.au
If you require support to determine whether a textured modified diet is meeting nutrition and hydration needs, contact your dietitian.
To find an Accredited Practising Dietitian (APD), go to www.dia.asn.au

FLUID		
Mildly Thick Level 150 Fluid runs freely off the spoon but leaves a mild coating on the spoon.	Moderately Thick Level 400 Fluid slowly drips in dollops off the end of the spoon.	Extremely Thick Level 900 Fluid sits on the spoon and does not flow off it.
FOOD		
Texture A - Soft Food may be naturally soft or may be cooked or cut to alter its texture.	Texture B - Minced and Moist Food is soft, moist and easily mashed with a fork; lumps are smooth and rounded.	Texture C - Smooth Pureed Food is smooth, moist and lump free; may have a grainy quality.

NestléHealthScience
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For more information call 1800 471 428 or visit www.austlihealthscience.com.au

Speech Pathology Australia
DAA
Dietitians Association of Australia

Objective measurement with IDDSI increases safety

Published in 2007, the Australian standards are more than 10 years old...

There are a couple of key reasons for changing from the Australian Standards. Whilst evidence based, these were published more than 10 years ago, and the new IDDSI Framework has conducted a series of systematic reviews and stakeholder surveys to ensure that it uses current, evidence-based best practice. The Australian standards do not have an ability to classify thick drinks that flow through an infant teat. This was identified by Australian clinicians as a thickness level that was needed when the uptake of the Australian standards were evaluated in 2012. IDDSI uses more than descriptions. It uses specific measures that aim to minimize the need for subjective judgements to increase safety.

Objective measures

? **How thick is “thick”?**
How soft is “soft”?
How small is “small”?

! IDDSI includes specific measurements which minimise the need for personal subjective judgement.

For foods & drinks there are specific tests which can be performed without the need for lab equipment

- Tests chosen to be simple, quick, portable, reliable.
- **It's possible to perform these at any time...
... but testing won't be needed every time!**
- Tests are most useful for:
 - Initial staff training
 - Auditing
 - Industry use to develop & test products
 - Kitchen use to develop & test recipes



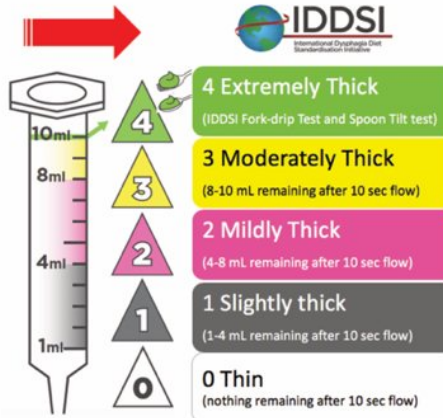
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IDDSI uses specific measurements and testing methods that minimize the need for personal subjective judgement. Tests are simple, quick, portable and reliable. While it's possible to perform these tests at any time, they don't need to be used every time. Tests are most helpful for initial staff training, auditing, and when developing and testing recipes or products.

Mapping to IDDSI- Liquids

Australian Standards

	Level 900 Extremely Thick
	Level 400 Moderately Thick
	Level 150 Mildly Thick
	Unmodified regular



Different colours

Why?
International framework and Red-Green colour blindness

New thickness level

New numbers

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Australian IDDSI Steering Committee: Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in Healthcare, International Dysphagia Diet Standardisation Initiative, Nestlé Health Science, Precise ThickN, Flavour Creations
Email: australia@iddsi.org

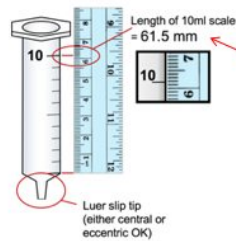
This slide shows the key changes in moving from the Australian standards to IDDSI. There are colour changes associated with thick drinks. IDDSI chose a colour system overall that reduced challenges for people with red-green colour blindness. There is a new thickness level called Level 1 Slightly Thick. The numbering system changes to become a more conventional 0,1,2,3,4 rather than 150, 400, 900

The IDDSI Flow Test



The IDDSI Flow test was designed to test liquids the way they move when they are swallowed

IDDSI 10ml syringe specifications



Before you test...
it is important to **check** your syringe length because there is some variation....

INSTRUCTIONS

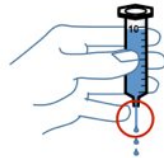
1. Remove plunger



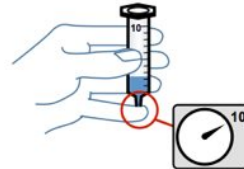
2. Cover nozzle with finger and fill 10ml



3. Release nozzle & start timer



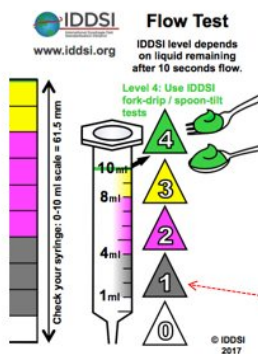
4. Stop at 10 seconds



For testing of liquids and drinks IDDSI recommends using the IDDSI Flow Test. A 10 mL syringe is used to perform the IDDSI flow test, please make sure have the correct syringe by making sure that it measures 61.5mm from the zero line to the 10ml line. If it doesn't have these measures, it will not give accurate information about the IDDSI thickness level. To perform the IDDSI flow test, You'll need an empty syringe, a cup or container and a timer. Cover the opening at the top of the syringe with your finger. Fill the syringe with fluid to the 10ml mark. It is best to do this with another syringe. Release the nozzle and start the timer. Allow the liquid to flow for 10secs, then cover the nozzle and read the amount remaining in the syringe to work out the IDDSI thickness level.

1 SLIGHTLY THICK

Most often used in paediatrics, palliative care, and cancer care but may also be suitable for other populations



IDDSI Flow TEST Link to Level 1 Slightly Thick video example

<https://www.youtube.com/watch?v=xvDUBGJQU>



1-4 ml remaining after 10 seconds flow

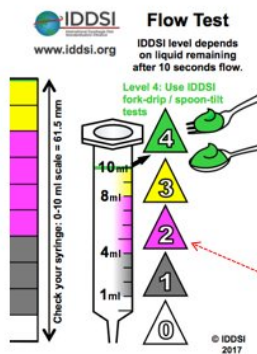
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Level 1 Slightly thick is most often used in paediatrics, palliative care and cancer care but may also be suitable for use in other populations. For Level 1 Slightly Thick, there will be 1-4 ml remaining in the syringe after 10 seconds of flow.

2 MILDLY THICK

IDDSI Flow TEST Link to
Level 2 Mildly Thick video example

https://www.youtube.com/watch?v=XBqi_iOLLHw

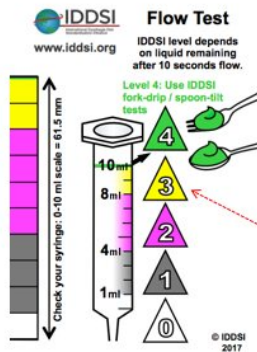


4-8 ml remaining
after 10 seconds flow

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For Level 2 Mildly Thick there will be 4-8 ml remaining in the syringe after 10 seconds of flow

3 MODERATELY THICK 3 LIQUIDISED



IDDSI Flow TEST Link to
Level 3 Moderately Thick video example
<https://www.youtube.com/watch?v=SiFwiGgIPHA>

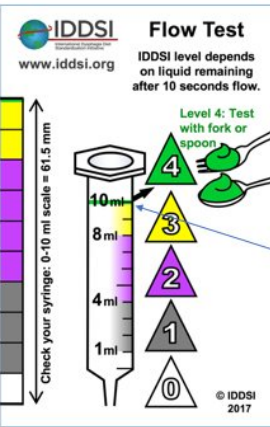
8-10 ml remaining
after 10 seconds flow

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For Level 3 Moderately Thick or Liquidised thickness, there will be 8-10 ml remaining in the syringe after 10 seconds of flow

3 LIQUIDISED
3 MODERATELY THICK

Step 1: Flow test



www.iddsi.org IDDSI level depends on liquid remaining after 10 seconds flow.


Check your syringe: 0-10 ml scale = 61.5 mm

Level 4: Test with fork or spoon

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➔

Step 2: IDDSI Fork Drip Test



Drips slowly or in dollops/strands through the slots of a fork

OR



Sits in a mound or pile above the fork

A small amount may flow through and form a tail below the fork
Does not dollop, flow or drip continuously through the fork prongs

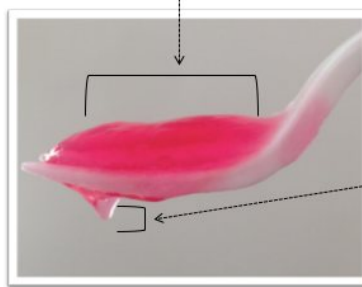
If you find you have 10 ml remaining or just one or two drips after 10 seconds of flow, move to the IDDSI Fork Drip Test. The liquid is level 3 if it drips slowly in dollops or strands through the prongs of a fork when you drag the fork up through the liquid. You cannot eat a moderately thick liquid with a fork because it drips through. If the sample holds on the fork with a mound above the fork and a small tail below the fork and does not dollop or drip continuously, then it is a level 4 Extremely Thick or puree sample. You can eat Level 4 Extremely Thick or puree with a fork.

4 EXTREMELY THICK 4 PUREED



- ✓ No Lumps
- ✓ Does **not** require chewing
- ✓ Not sticky
- ✓ Holds shape on a spoon
- ✓ Falls off in a single spoonful when tilted and holds shape on plate with slight slumping or slow spreading

Extremely Thick liquid or Pureed Diet sits in a mound or pile above the fork




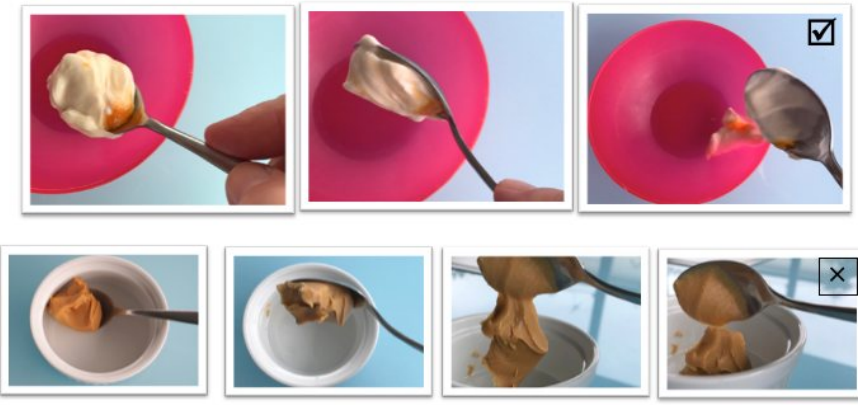
A small amount may flow through and form a tail below the fork

It does **not** dollop, flow or drip continuously through the fork prongs

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Information as per slide

 **IDDSI Spoon Tilt Test**



IDDSI Spoon Tilt Test determines Cohesion (ability to hold together) and Adhesion (stickiness)


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For safety, the bolus should be cohesive enough to hold its shape, but not sticky

Here are two examples of the samples being tested with the Spoon Tilt Test. For safety the bolus should be cohesive enough to hold its shape, but not sticky. A sticky bolus can adhere to the roof of the mouth or teeth and cause a choking risk.

GREEN LABEL CHANGE!

BE AWARE OF THE NEW INTERNATIONAL COLOUR CLASSIFICATIONS FOR THE DYSPHAGIA DIET.



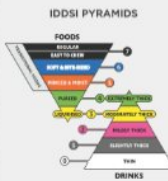
OLD

- Level 900
Extremely Thick
- Level 400
Moderately Thick
- Level 150
Mildly Thick
- Unmodified regular

NEW

- 4
EXTREMELY THICK
(IDDSI Fork-drip Test and Spoon Tilt Test)
- 3
MODERATELY THICK
(8-10mL remaining after 10 sec flow)
- 2
MILDLY THICK
(4-8mL remaining after 10 sec flow)
- 1
SLIGHTLY THICK
(1-4mL remaining after 10 sec flow)
- 0
THIN
(less than 1 mL remaining after 10 sec flow)

IDDSI PYRAMIDS








IDDSI ABBREVIATIONS

7 Regular	REG7
7 Easy to Chew	EC7
6 Soft & Chewy	SC6
5 Pureed & Smooth	PS5
4 Pureed	PU4
3 Liquidized	LQ3
2 Moderately Thick	MT2
1 Mildly Thick	MT1
0 Thin	TND

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Australian poster available for download from the Australia specific section of the IDDSI resources page:

<https://iddsi.org/resources/>

information as per slide

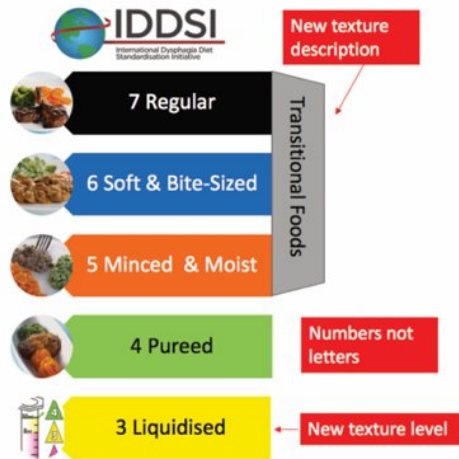
What do we do with thick fluid recipes we currently use?

- Answer:
 - You don't need to change them, please just use the IDDSI Flow Test to categorise them
 - Also be aware of changes to thickness associated with temperature
 - Note: thick liquids have always changed thickness with a change in temperature – you now have a tool that is sensitive enough to show that change

Information as per slide

Mapping to IDDSI- Foods

Australian Standards



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Australian IDDSI Steering Committee: Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in Healthcare, International Dysphagia Diet Standardisation Initiative, Nestlé Health Science, Precise ThickN, Flavour Creations
Email: australia@iddsi.org

For foods the major changes from the Australian standards are that there are now numbers rather than letters. There is a new texture level – Level 3 Liquidised. There is a new texture description – transitional foods

7 REGULAR



- ✓ No particle size restrictions
- ✓ Includes all textures
- ✓ Chewing is necessary
- ✓ Tongue strength and control needed to move food for chewing and for swallowing



Information as per the slide

7 EASY TO CHEW



Important

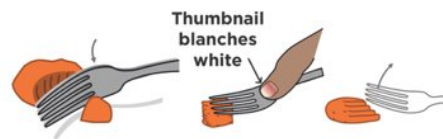
- No increased risk of choking
- No meal time behaviours that increase risk

- ✓ Normal, everyday foods of soft/tender texture
- ✓ Food piece size is not restricted so food may be a range of sizes
- ✓ Ability to bite off soft/tender food pieces
- ✓ Ability to choose bite-sizes that are safe to swallow
- ✓ Chewing is necessary
- ✓ Tongue strength and control needed to move food for chewing and for swallowing
- ✓ Ability to remove food pieces from the mouth that cannot be swallowed safely without help or direction from others



Do **NOT** use foods that are

Hard, tough chewy, fibrous, have stringy textures, pips/seeds, bones or gristle



✧ Should be able to easily cut or flake the food with light pressure just from the side of a fork

✧ Press into a bite-sized piece of food with your thumb in the bowl of a fork hard enough that the thumbnail turns white
✧ The food should break apart easily and **not** return to its original shape

Information as per the slide

7 EASY TO CHEW



This texture is **NOT** appropriate if there are any concerns about choking risk related to chewing ability.

It is **NOT** appropriate if there are mealtime behaviours that make eating unsafe.

- Examples of unsafe mealtime behaviours include: not chewing much, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food.

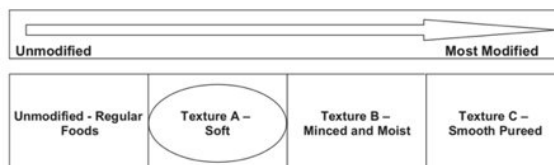
Information as per the slide

Australian Guidelines Texture A Soft –

Atherton, 2007,
Nutrition &
Dietetics, 64, S53-
S76

IDDSI

- NO CHANGE to particle size
- IDDSI Fork pressure test for softness



NAME	TEXTURE A – SOFT
Description	<ul style="list-style-type: none"> • Food in this category may be naturally soft (eg ripe banana), or may be cooked or cut to alter its texture
Characteristics	<ul style="list-style-type: none"> • Soft foods can be chewed but not necessarily bitten • Minimal cutting required – easily broken up with a fork • Food should be moist or served with a sauce or gravy to increase moisture content (NB: Sauces and gravies should be served at the required thickness level) • Refer to <i>Special Notes (page S72)</i>
Testing Information	<ul style="list-style-type: none"> • Targeted particle size for infants and children = less than half that for adults and children over 5 years or equal to 0.8 cm (based on tracheal size)²⁸ • Targeted particle size for children over 5 years and adults = 1.5 × 1.5 cm^{10,27,30}

This slide shows the Australian Texture A guidelines. There is no change to the particle size, but there is now the IDDSI Fork Pressure Test for softness

6 SOFT & BITE-SIZED



- ✓ Bite-sized pieces of
 - ✦ 1.5 x 1.5cm for adults
(about the size of an adult thumb nail)
 - ✦ 8mm x 8mm for children
- ✓ Chewing is necessary
- ✓ Tongue strength and control needed to move food for chewing and for swallowing
- ✓ Should be able to easily cut this texture with just the side of a fork



- ✦ Press into a bite-sized piece of food with your thumb in the bowl of a fork hard enough that the thumbnail turns white
- ✦ The food should squash easily and not return to its original shape

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Information as per slide

6 SOFT & BITE-SIZED



Both elements are critical

Particle size

6 SOFT & BITE SIZED

Thumb nail blanches white

Fork Pressure Test

Adult 12 mm

Child 8 mm

Bite size

www.iddsi.org
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Soft enough to squash + come apart with *pressure from fork or spoon

*thumb nail needs to blanch white

Information as per slide

IDDSI
International Dysphagia Diet Standardisation Initiative

LEVEL 6 | SOFT & BITE-SIZED

DUE TO DEATHS FROM CHOKING, BREAD & SANDWICHES ARE NOT INCLUDED IN LEVEL 6 SOFT & BITE-SIZED

6 SOFT & BITE-SIZED

**NO BREAD
NO SANDWICHES**

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Supported by the Australian IDDSI Steering Committee

Logos: IDDSI, Australian Government, Department of Health, BIC, Flavour, Pyclic, Nestle

Australian poster available for download from the Australia specific section of the IDDSI resources page:

<https://iddsi.org/resources/>

Information as per slide

Why aren't sandwiches on the Level 6 Soft & Bite-Sized diet?

- Bread and sandwiches appear frequently on autopsy data from people who have choked and died (see Table on following slides)
- Bread types – not all breads are equal
 - White bread, brown bread, baguette, bread roll, brioche bread, multigrain bread, whole meal bread, gluten free bread etc.
- Bread moisture from the bread and as added by saliva are important in being able to break it down safely so that it is not a choking risk
- Bread is fibrous– you can't 'fork mash' bread

Information as per slide

Autopsy data: Food people have died from choking on

Cichero 2016, Journal of Texture Studies, 47:277-283

Irwin, 1977, JAMA, 237, 2744-2745	Cheese, lima beans, peas, semi-solid cereal, bread , orange
Ekberg & Feinberg, 1992, Dysphagia 7, 205-208	Solis 40% (meat , poultry), complex bolus 14% (hamburger, hot dog, sandwich , meat, potato, meatball, spaghetti, chicken soup, pizza), small hard solid (peanut, popcorn, hard candy), dry bread , toast , cracker, donut, breadstick), semi-solid (mashed banana), cooked egg, ground meat
Wick, 2006, J of Clinical Forensic Medicine, 13, 135-138	Meat , banana, bread , pasta, scrambled egg, peanut butter sandwich , potato chips, grape
Berzlanovich 1999, Am J Medicine, 107, 351-355	Unchewed meat , sausage, fruit, vegetables, bread , cookies, pastries, cheese, egg
Berzlanovich, 2005, Am J Preventive Medicine, 28, 65-69	Meat , fish, sausage, bread , pizza, cookies, pastry, puree, ground meat, mashed fruit , fruit, vegetables, noodles, cheese, egg

Information as per slide

Autopsy data continued

Dolkas 2006, J Forensic Sci, 52, 176-179	Meat (17% - esp. steak and chicken), peanut butter & jelly sandwich (4%); All other foods (~2% - carrot, pancakes, broccoli, burrito, hot dog, meat ball, pizza, toast, hamburger, shrimp and others)
Food Safety Commission of Japan, 2010	Sticky rice cake, steamed rice, bread , meat , fish, fruit, candy, Konjac mini-cup jelly
Deaths of people with disability in residential care 2012-2013, NSW Ombudsman, 2015	Sandwiches , crepes, carrot, steak , cheese, dim sims



Information as per slide

What if our patients are already eating bread and sandwiches?

Answer:

If they have been assessed as 'safe' by a speech pathologist for bread and sandwiches, then these can continue to be included.

- The Australian guidelines always had them coded for inclusion only 'after clinical assessment', **not as a regular inclusion** for Texture A - Soft

Information as per slide

Changing from paediatric to adult particle sizes: Autopsy data: food particle size, textures and shapes

Brodsky et al. (1996) *Anesth Analg*, 82:861-864; Berzlanovich et al. (1999) *A J Med*, 107: 351-355; Markenson (2002) *Pediatric Pre-Hospital Care*

Minimise choking risk:
Food pieces small enough to *pass through*, rather than occlude the airway



Tracheal diameter ranges

Pediatrics:
20 months, 4-6.5mm
18-36 months, 7-8mm

Adult male, 15-27mm
Adult female, 13-25mm



When do you change from paediatric to adult particle sizes?

- When they are physically big enough (like weight for changing car seat orientation)
 - Example: puberty (Girls 10-14 yrs; Boys 12-16 yrs)
- On Doctor recommendation of sufficient tracheal growth to minimise choking risk

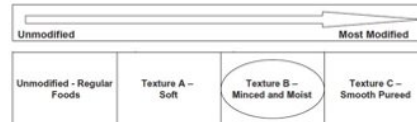
Information as per slide

Level 5 – Minced & Moist, what changes?

- **Current:**

- 'Recommended particle size for ... adults = 0.5cm' and ... infants and children 0.2-0.5cm'

Nutrition & Dietetics 2007; 64 (Suppl. 2): S53-S76



- **IDDSI:**

- **Adults**
 - 4mm lump size
 - 4mmx4mm *no larger than 15mm*
- **Paediatrics**
 - 2mm lump size'
 - 2mm x 2mm x *no larger than 8mm*
 - Or at Doctor's discretion

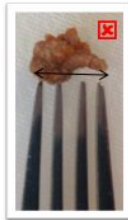
NAME	TEXTURE B – MINCED AND MOIST
Description	<ul style="list-style-type: none"> • Food in this category is soft and moist and should easily form into a ball
Characteristics	<ul style="list-style-type: none"> • Individual uses tongue rather than teeth to break the small lumps in this texture • Food is soft and moist and should easily form into a ball • Food should be easily mashed with a fork • May be presented as a thick puree with obvious lumps in it • Lumps are soft and rounded (no hard or sharp lumps) • Refer to <i>Special Notes</i> (page 372)
Testing Information	<ul style="list-style-type: none"> • Recommended particle size for infants and children – 0.2-0.5 cm (based on tracheal size)²⁸ • Recommended particle size for children over 5 years and adults – 0.5 cm^{19,29}

Information as per slide

5 MINCED & MOIST



- ✓ **Soft and moist** with no separate thin liquid
- ✓ Minimal chewing required
- ✓ Lumps can be mashed with tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop it onto a fork with no liquid dripping and no crumbles falling off the fork



Small particle size
4mm for adults
2mm for children

4mm is the measurement between the prongs of a typical fork

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Used with permission from IDDSI

Information as per slide

5 MINCED & MOIST



All three elements are critical

Particle size

Moisture
not too sticky,
not too runny

Soft enough to squash easily with fork or spoon
don't need thumb nail to blanch white

Information as per slide

5 MINCED & MOIST



Adults: 4mm "lump size"



Paediatrics: 2mm "lump size"

These images show the particle sizes of different foods (carrots, broccoli and beef)

Better images to educate about presentation



These images are designed to show that minced food can be presented in an appealing way

Q: *For Level 5 Minced & Moist, why does the IDDSI Framework say '4mm lump size' and the audit sheet say 'equal to or less than 4mm and no longer than 15mm'? *[adult particle size example]*

- **A:** The framework document states '4mm lump size', however clarification was requested as people came to put the definitions into practice
 - Did the lumps need to be exactly 4mmx4mm?
 - If 'yes', rice (8-10mm long, but less than 4mm wide) or similar products would not be suitable without food processing to reduce the size
 - If 'no' then how was it best to describe the particle size?
 - Not necessarily equal in all dimensions –
 - 4x4x "no more than 15mm" (like a 'chewed bolus')

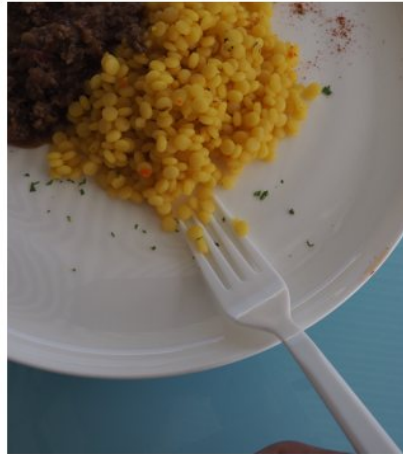


Information as per slide

Mexican chilli and rice



Spiced lamb and pearl couscous



Examples of foods that would be appropriate for Level 5 Minced and Moist. Note they would need a sauce to moisten them. They are shown in this way purely to demonstrate particle size.

Transitional Foods



- ✓ Start as one texture (e.g. solid) and change to another when moisture is applied (saliva, water) or temperature change occurs (heat)
- ✓ Minimal chewing required
- ✓ Tongue pressure may be enough to break food down after food becomes moist or changes temperature
- ✓ Used for developmental teaching of chewing skills, or rehabilitation of chewing
- ✓ May be used with:
 - ✦ Level 5 Minced & Moist
 - ✦ Level 6 Soft & Bite-Sized
 - ✦ Level 7 Regular



Clinician can add these to the diet after assessment or use them in therapy



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Information as per slide

As always, patients require a prescription for food and drink, on clinical advice

Examples...

6 SOFT & BITE-SIZED + **0** THIN

4 PUREED + **2** MILDLY THICK

5 MINCED & MOIST + **3** MODERATELY THICK

4 PUREED + **4** EXTREMELY THICK

Note, patients who require Level 4 puree do NOT always require Level 4 Extremely thick drinks or vice versa. The speech pathologist will provide food texture and drink thickness recommendations. Dietitians will ensure that the food and drink meets nutrition and hydration needs.

IDDSI ABBREVIATIONS

7 Regular	RG7
7 Easy To Chew	EC7
6 Soft & Bite-Sized	SB6
5 Minced & Moist	MM5
4 Pureed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MO3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TN0

For groups who need to use abbreviations for computer codes, please use the IDDSI approved abbreviations here.

The abbreviations have been checked against and are in accordance with the advice from the Institute for Safe medical Practices List of Error-prone abbreviations symbols and dose designations.

Numbers occur at the end of the abbreviation to ensure that they are not confused for 'number of meals or drinks ordered'.

Information as per slide

IDDSI FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

TRANSITIONAL FOODS TEST INSTRUCTIONS

1. Add 10mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill bowl
3. Release nozzle & start timer
4. Stop at 10 seconds

TESTING INFO

LEVEL	FOODS	TESTING INFO
7	LEVEL 7 - REGULAR [07]	Normal everyday foods of various textures that are developmentally and age appropriate. Strong and chewing ability needed. No specific testing information.
6	LEVEL 6 - EASY TO CHEW [06]	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
5	LEVEL 5 - SOFT & BITE-SIZED [05]	Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed. Pieces no bigger than 1.5 x 1.5cm in size for adults and 1cm x 1cm for babies & children. Push down on piece with fork - sample should crush completely and not regain its shape.
4	LEVEL 4 - MINCED & MOIST [04]	Very soft, small moist lumps, minimal chewing ability needed. Spoon lump size for adults and 2mm lump size for babies and children.
3	LEVEL 4 - PUREED [04]	Smooth with no lumps, chunks, or no chewing ability needed. Can be eaten with a spoon.
2	LEVEL 3 - LIQUIDISED [03]	Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it easily drips through. Effort needed to drink this through a wide straw.
1	LEVEL 2 - MILDLY THICK [02]	Thicker than water. Can flow through a standard straw/teepee.
0	LEVEL 0 - THIN [00]	Flows like water. Flows easily through any straw/teepee.

FOOD TEST INSTRUCTIONS

- PUREED**: Sit in a mound or pile above the fork. Does not drip or drip continuously through a fork.
- MINCED & MOIST**: Hold it up on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.
- SOFT & BITE-SIZED**: Push down on piece with the fork. Does not drip or drip continuously through a fork.
- EASY TO CHEW**: Hold it up on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

DRINKS / LIQUIDS

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Supported by the Australian EEGS Steering Committee, Dietitians Association of Australia, Speech Pathology Australia, Institute of Community Health Care, International Dysphagia Diet Standardisation Initiative, Speech Health Science, Plastic Health, Plastic Doctors.

Australian poster available for download from the Australia specific section of the IDDSI resources page:

<https://iddsi.org/resources/>

Information as per slide

Getting ready

Visit www.IDDSI.org

Review the detailed definitions, testing methods, resources, FAQ's

International newsletters
SIGN UP for newsletters

Download the FREE IDDSI app for ios and android

App Store Preview

Google Play

e-bite April 2016

IN THIS BITZ:

- IDDSI Implementation Guides
- Training Series Continues
- Translations
- New Sponsors
- IDDSI on the Move

What can you do to get ready for IDDSI? Start with the website. There are many different tabs and new information or resources are regularly being added.

Home IDDSI Framework Implementation Translations Resources FAQ About Us Contact Us

Resources

The following documents have been developed by IDDSI and are for public use. You do not need to seek permission from IDDSI to share these documents and images as long as you cite the CreativeCommons BY-SA 4.0 license as follows:

The International Dysphagia Diet Standardisation Initiative 2016 @<https://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.

General Resources Country-specific Resources

Australia

- Mapping to IDDSI - Foods (Australia) - pdf, August 2018
- Mapping to IDDSI - Drinks (Australia) - pdf, August 2018
- August 2018 Newsletter (Australia) - pdf, Aug 2018
- September 2018 Newsletter (Australia) - pdf, Sept 2018

On the resources tab there is a country specific section – Australia has its own tab there. To look for Australia specific resources, look under this tab.

The screenshot shows a navigation menu with two tabs: "General Resources" (highlighted with a red arrow and a dashed red circle) and "Country-specific Resources". The menu items are as follows:

- IDDSI 101 (Print and Post) +
- IMPLEMENTATION +
- PRESENTATIONS - (highlighted with a yellow background)
- [Why IDDSI](#) (Power Point presentation, updated Dec 2017)
- [IDDSI Framework, Descriptors, and Testing Methods](#) (Power Point presentation, updated Dec 2017)
- [Implementation Resources and Tools](#) (Power Point presentation, updated Dec 2017)
- [From Framework to Food: Implementing IDDSI in a Long-Term Care facility](#) (PDF presentation, from Webinar March 29 and April 11, 2018)
- [The More We Know, the More We Grow: A Pediatric Hospital's Developmental Progression with the IDDSI](#) (PDF presentation, from Webinar May 24, 2018)
- [Using the IDDSI Flow Test in Clinical Practice: How Thick is Think and does Thickness Really Matter?](#) (PDF presentation, from Webinar Sep 18 & 19, 2018)
- PUBLICATIONS +
- E-BITES (newsletters) +
- NEWSROOM +
- VIDEOS +
- WEBINAR RECORDINGS +
- Resources from other IDDSI users +

A large blue arrow points from the left towards the "PRESENTATIONS" section.

There are lots of other resources available. Please explore them

Review what you currently have

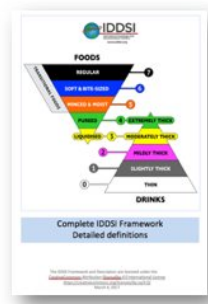


1 Take a look at the client's current food textures and thickened liquids



Compare them to the IDDSI detailed descriptors

2



Make a list of the items that will need modification to meet IDDSI descriptors

3

Product Name	Texture on Label	Temperature	Test 1	Test 2	Test 3	Test 4	Test 5	Test 6	Test 7	Test 8	Test 9	Test 10	Test 11	Test 12	Test 13	Test 14	Test 15	Test 16	Test 17	Test 18	Test 19	Test 20	
3. Product Name																							
4. Andmore Farms Grape Juice	Thin	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
5. Milk	Thin	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
6. Monarch 100% Prune Juice	None	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
7. Dorsgrøy Cranberry Juice Cocktail	None	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
8. Andmore Farms 100% Orange Juice	None	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
9. Andmore Farms 100% Grape Juice	None	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
10. Chicken broth (Kitchen produced)	None	Hot	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
11. Beef broth (Kitchen produced)	None	Hot	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
12. Anderson Erickson lowfat milk 1%	None	Cold	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0	ml	0
13. Ensure	Naturally Thick	Cold	0.2	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4
14. Blandford cream of mushroom soup	None	Hot	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4
15. Anderson Erickson chocolate milk 2%	None	Cold	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4	ml	0.4
16. Ensure Plus strawberry (Mott's)	None	Cold	1	ml	1	ml	1	ml	1	ml	1	ml	1	ml	1	ml	1	ml	1	ml	1	ml	1
17. Milk (non-fat/lowfat/Flavored)	None	Cold	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4	ml	1.4

One easy way to get started is to look at your current foods and drinks, assess them using the IDDSI test methods and work out which items need modification. If a menu item 'fails' an IDDSI test, work with your chef and Dietitian to work out how to make the texture compliant.

0 THIN
1 SLIGHTLY THICK
2 MILDLY THICK
3 MODERATELY THICK
4 LIQUIDISED
5 MINCED & MOIST
6 SOFT & BITE-SIZED

Intended for Liquids

Liquid or product:
If soup, heating method:
Temperature when tested at:

Instructions:

- Liquid critical tests
- Liquid item must pass

Tests: Suitable drinks

Critical: Appearance

- Smooth liquids
- Critical: IDDSI Flow Test
- Level 0 – Thin
- Level 1 – Slightly Thick
- Level 2 – Mildly Thick
- Level 3 – Moderately Thick
- Level 4 – Liquidised

Notes:

Intended for 4 EXTREMELY THICK

Product or food tested:
If soup, heating method(s):
Temperature when tested at:

Instructions:

- Level 4 Extremely Thick critical tests
- The food item must pass or fail

Tests: Suitable drinks, soups, etc.

Critical: Appearance

- No lumps
- Critical: Fork Dip Test
- Food sits in a mound above fork
- Does not drip or flow contours
- Critical: Spoon Lift Test
- Holds shape on spoon
- Food slides off spoon with little
- May spread or slump slowly
- Level 1 – Slightly Thick
- Level 2 – Mildly Thick
- Level 3 – Moderately Thick
- Level 4 – Liquidised

Notes: No chewing and no bolus

Testing intended for 5 MINCED & MOIST

Product or food tested:
Heating method(s):
Temperature when tested at:

Instructions:

- Level 5 Minced & Moist critical tests include Appearance
- For particle size: food intended to mimic a 'shredded' than 2mm width and no longer than 8mm length (p)
- The food item must pass or meet criteria for any row

Tests

Critical: Appearance

- Lumps less than or equal to 4mm (adults), 2mm
- No separate thin liquid
- Holds shape on spoon
- Food slides off spoon with little food left on spoon
- May spread or slump slowly on a flat plate
- Alternative if Fork or Spoon not available: Finger Test
- Small soft smooth round particles can be easily
- Food feels moist and will leave fingers wet
- Optional: Chopstick Test
- Chopsticks can scoop or hold this texture if food

Notes: Minimal chewing should be needed to eat this

Testing intended for 6 SOFT & BITE-SIZED

Product or food tested:
Heating method(s):
Temperature when tested at: Device 15 mins 30 mins 45 mins

Instructions:

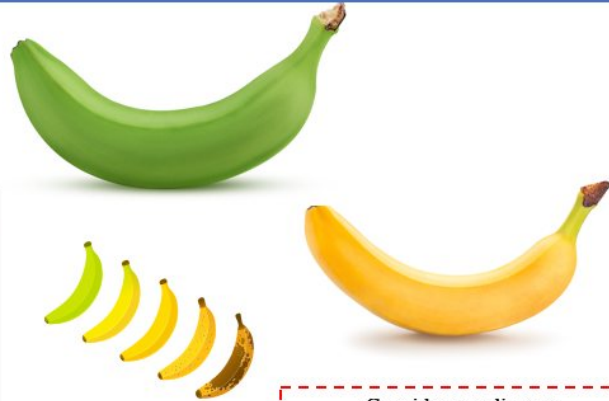
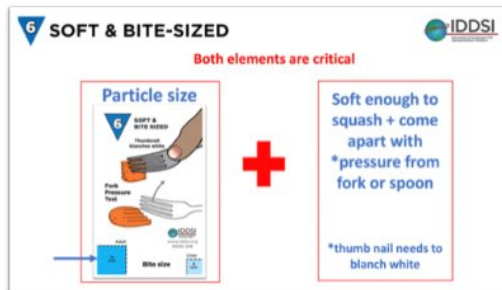
- Level 5 Minced & Moist critical tests include Appearance + Fork/Spoon Pressure Test OR if these are not available Finger Test
- For particle size: food intended to mimic a 'bite' of food – must be equal to or less than 15mm x 15mm (adults), equal to or less than 8mm x 8mm (pediatrics)
- The food item must pass or meet criteria for any row marked *

Tests

Critical: Appearance	Meets criteria at			
	Time of service	15 mins	30 mins	45 mins
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Managing the 'foods to include' and 'foods to avoid' lists

Need to use IDDSI testing methods to check



Consider wording as...
'Foods that are *often appropriate*'
rather than 'foods to include'

IDDSI does not include lists of 'foods to include' or 'foods to avoid'. This is because a food can be compliant or non-compliant depending on how it is cooked, stored or even how ripe it is. Consider the two bananas in the picture. The green banana would be a choking risk, while the ripe banana when cut or mashed or pureed as appropriate would be safe.

5 MINCED & MOIST

Level 5 Minced & Moist Food for Adults

What is this food texture level?
Level 5 – Minced & Moist Foods:
✓ Soft and moist, but with no liquid leaking/ dripping from the food
✓ Biting is **not** required
✓ Minimal chewing required
✓ Lumps of food in size
✓ Lumps can be mashed with the tongue
✓ Food can be easily washed with just a little pressure from a fork
✓ Should be able to scoop food with a fork, with no liquid dripping and no crumbs falling off the fork

Why is this food texture level used for adults?
Level 5 – Minced & Moist food may be used if you are not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and/or the tongue to 'loosen' the food into a ball and bring it to the back of the mouth for swallowing. It's important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

How do I test my food to make sure it is Level 5 Minced & Moist?
It is safest to test Minced & Moist food using the IDDSI Fork Chop Test and the IDDSI Spoon Tip Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tip Test at www.iddsi.org/IDDSI-Tests/IDDSI-Fork-Test-and-IDDSI-Spoon-Tip-Test

IDDSI Fork Test
For adults the lump size is 1cm, which is about the gap between the prongs of a standard dinner fork.

IDDSI Spoon Tip Test
Determine how the spoon on the spoon end falls off. Falls easily if the spoon is lifted or lightly tilted. Sample should not be too runny or sticky.

Minced & Moist food must pass both tests!

5 MINCED & MOIST

EXAMPLES of Level 5 Minced & Moist Food for Adults

- **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-searing sauce or gravy
- **Fish** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-searing sauce or gravy
- **Fruit** served finely minced or cut in cubes to 4mm size into to form lump size pieces (drain any excess liquid)
- **Vegetables** cooked, finely minced or use a blender to blend chop it into to form lump size pieces (drain any excess liquid)
- **Cereal** served thick with small soft lumps. Any milk that should not separate from the cereal. Drain any excess liquid before serving.
- **Rice** requires a sauce to maintain it and hold it together. Rice should not be sticky or gluey, and should not separate into individual grains when cooked and served. May require a thick, smooth, non-searing sauce to maintain and hold the rice together.
- **NO REGULAR DRY BREAD** due to high choking risk! See www.iddsi.org/IDDSI-Tests/IDDSI-Fork-Test-and-IDDSI-Spoon-Tip-Test for instructions on how to make a Level 5 Minced & Moist sandwich.

See videos of the IDDSI Fork Test and IDDSI Spoon Tip Test at www.iddsi.org/IDDSI-Tests/IDDSI-Fork-Test-and-IDDSI-Spoon-Tip-Test

IDDSI Fork Test
For adults the lump size is 1cm, which is about the gap between the prongs of a standard dinner fork.

IDDSI Spoon Tip Test
Sample lumps that drag on the spoon and fall off by itself easily if the spoon is lifted or lightly tilted. Sample should not be too runny or sticky.

Minced & Moist food must pass both tests!

5 MINCED & MOIST

For safety, please AVOID these food textures that pose a choking risk for adults who need Level 5 Minced & Moist Food

Food characteristics	Examples
Meat	Steak with pieces of food, served with milk
Meat	Meat, raw vegetables (e.g. carrot, cauliflower, broccoli), dry
Hard or dry food	Crackers, bread, dry cereal
Tough or fibrous foods	Meat, cornmeal
Chewy	Soft/hard-boiled/hot, cheese chunks, marshmallows, chewing gum, sticky mashed potatoes, dried fruits
Crusty	Cracking or crisp bread, cantaloupe
Crunchy food	Raw carrot, raw apple, popcorn
Shiny or oily	Corn chowder
Crumbly bits	Dry cake crumbs, dry biscuits
Pipe, seeds	Apple seeds, pumpkin seeds, white of orange
Food with skin or outer shell	Peanut butter, chicken skin, salmon skin, sausage skin
Foods with lumps	Corn, shredded wheat, bran
Bones or spines	Chicken bones, fish bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Hot butter, overcooked oatmeal/porridge, edible gelatin, licorice, cornmeal jelly, sticky rice balls
Slippery food	Beans, chutney
Fluffy foods	Sauces, custard, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating for example, cheese topping, mashed potato
Watery food	Sauces, custard, baby spinach leaves
Jelly food	Where juice separates from the food piece in the mouth, for example watermelon
Large or hard lumps of food	Casseroles larger than 10cm x 10cm x 10cm, fruit pieces larger than 10mm x 10mm x 10mm
Extra Choking risks	

IDDSI has produced consumer handouts for each IDDSI level for adult and paediatric people written in layperson friendly language. These are available from the resources section of the IDDSI website

English as a second language? IDDSI Translations are available



Completed Translations
 Available for Review
 In Progress

	Framework/ Descriptors	Testing Methods
Farsi		
French (Canada)		
French (France)		
Italian		
Norwegian		
Portuguese (Brazil)		
Swahili		

Available for review:

- Arabic
- Chinese (simplified)
- German
- Greek
- Russian
- Spanish
- Vietnamese

In progress:

- Japanese
- Thai
- Turkish
- Dutch
- Hebrew
- Urdu
- Zulu
- Slovenian
- Chinese (Hong Kong)
- Chinese (Taiwanese)
- Marathi


If you have staff that speak English as a second language, please consider looking at the IDDSI translation to see if you can see the framework in their first language to help them understand the IDDSI Framework.

Risk management: Change in pre-packaged labels

- A change over time period for product labelling is to be expected
- For other legislated label change initiatives (e.g. allergens, Country of Origin), a two year time frame is most common
- Many manufacturers have indicated they are changing their labels to be ready for 1 May 2019
- Label changes are voluntary, in the same way that packaging accessibility changes to meet Arthritis Guidelines are voluntary

Manufacturers and Industry would like you to contact them directly for information on when their product labels will change

Information as per the slide



6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

3 MODERATELY THICK

4 EXTREMELY THICK

3 MODERATELY THICK

2 MILDLY THICK

1 SLIGHTLY THICK

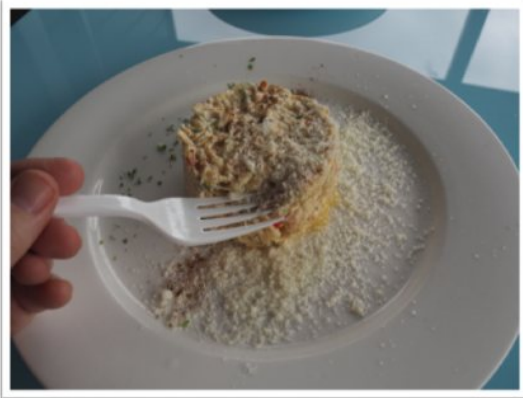
Labels & Triangles for download

Sticker jpegs available from www.iddsi.org

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Labels have been developed to help with the transition process. These can be downloaded from the IDDSI website.

VISIT the IDDSI YouTube Channel
IDDSI webinars and recorded webinars
www.iddsi.org/resources



New IDDSI Webinar Announced

October 16 at 9am PDT & October 29 at 4pm
PDT, 2018

Title: Myths & Truths about Modifying Foods for
IDDSI Levels

Presenters: Preston Walker & James Ball

Preston and James have been developing ideas in healthcare catering for over 10 years. Their collaboration has led to the establishment of Oak House Kitchen, based at Preston's family residential home in Greatham, England. Oak House Kitchen aims to improve the practical application of nutrition across many different diet restrictions. For many years they have been training chefs, care workers and healthcare professionals in how best to modify foods for dysphagia. Their current focus in this field is on the transition to the IDDSI standards and have been working on how best to achieve this.



In this cooking-based webinar, Preston and James will show you how to modify foods to the IDDSI standards. They will show you a range of practical solutions to common problems across various foods. You will see that foods modified for dysphagia can be delicious, nutritious and look great!

If you missed any of our last webinar *Using the IDDSI Flow test in clinical practice: How thick is thick and does thickness really matter?* Presented by Carly Barbon SLP or any of our previous webinars – you can watch them on our [YouTube channel](#).

Register for Oct 16, 2018

Register for Oct 29, 2018

Information as per the slide

**IDDSI Flow Test cards
business card sized templates**

**IDDSI Food Test cards
business card sized templates**

The image displays four business card-sized templates for IDDSI tests. The first template is for the Flow Test, showing a syringe with a 10ml scale and five levels (0-4) of liquid remaining after 10 seconds. The second template shows the four steps of the Flow Test procedure: 1. Remove plunger, 2. Cover nozzle with finger and fill 10ml, 3. Release nozzle & start timer, 4. Stop at 10 seconds. The third template is for Level 5 (Minced & Moist), showing particle size tests for Child (2mm) and Adult (4mm) using a fork and a spoon. The fourth template is for Level 6 (Soft & Bite Sized), showing a fork pressure test and bite size tests for Adult (15mm) and Child (8mm).

Download the print ready documents for cards and posters and take to your local printer for printing

Information as per the slide

IDDSI
International Dysphagia Diet Standardisation Initiative

IDDSI on the Go: Free App

Android & iOS
- for Smartphones & Tablets

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For those who wish to have IDDSI on the go, the IDDSI App is now available for both iOS and Android devices. Visit the iOS app store or Google Play store to download the free IDDSI App. The descriptors and videos are all available within the App and the best part is that you don't even need Wifi or data to use it. This means that you can use it to talk about IDDSI wherever you are!



Questions and Follow Up

For further information or to join the mailing list

Contact Australian IDDSI Project Officer: Dr Julie Cichero

Email: australia@iddsi.org

Information as per slide