



Shifting from Dual to Single Label

Welcome to our monthly IDDSI CAN-DO tips and tricks for nationwide implementation. This newsletter is written by the Canadian IDDSI Reference Group (CIRG) and is intended for IDDSI implementers, to help you start or continue your IDDSI journey.

The shift from dual to single label is coming:

- In the USA the National Dysphagia Diet is no longer supporting labelling, leaving IDDSI as the only evidence-based diet standard for dysphagia.
- **Canadian food manufacturers have agreed to follow suit and are planning to have IDDSI only labelling for dysphagia products as of January 1st, 2023.**

Why this is important:

- If you serve pre-packaged thickened fluids in your setting, these will no longer state Nectar, Honey or Pudding thick.
- **As of January 1st, 2023 these products will now state only IDDSI terminology:** Slightly, Mildly, Moderately or Extremely Thick.
- **The same change will apply to texture modified solid foods:** Minced and Moist, Soft and Bite-Sized, Easy to Chew & Regular.

What you may want to consider:

- **Staff training** - need to ensure staff are familiar with IDDSI terminology
- **Swallowing assessments** - thickness of certain products may change requiring an assessment with the new product
- **Software systems** - diet terminology may need to be changed in software systems to reflect new products

What resources can help:

- Poster for terminology [HERE](#)
- Product labelling guidelines [HERE](#)
- IDDSI Implementation guides [HERE](#)
- Client/staff handouts [HERE](#)

Next month, watch for a presentation that will help you and your team clarify IDDSI terminology.

If you have questions or comments for the Canadian IDDSI Reference Group, you can reach us at canada@iddsi.org



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