

# Webinar 4: How does IDDSI work in the real world? Preparing Food and Drinks

International Dysphagia Diet Standardization Initiative (IDDSI) Training Series

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## Prior to Viewing Webinar 4:

1. View Webinars 1-3 and complete any assignments.

## Webinar 4 Objectives:

After this training, the learner will be able to:

1. Share in the real-life challenges of IDDSI implementation with others from across the country.
2. Identify products, equipment and tools needed to help with efficiency of preparation and service.
3. Learn preparation tips and tricks for Levels 7 Easy to Chew, 6, 5, and 4 to create ease in service of these diets.
4. Describe special considerations including bread, sandwiches, mixed consistencies, time/temperature control and thickened liquids and how best to address these challenges.

## Webinar 4 Outline:

- I. Brief review of the IDDSI Framework and Testing
  - II. Obstacles and challenges
  - III. Food service equipment needed for food preparation
  - IV. Menus and recipes
  - V. Food preparation for each level of IDDSI (from level 7 to 4)
    - Overview checklist
    - Testing intended for each level
    - Time saving tips & tricks
    - Photo examples
    - Last minute adjustments
    - Recipes
    - Ready/Easy to Use Items
  - VI. Special considerations
    - Breads/bread products/sandwiches/desserts
    - Mixed consistencies and soups
    - Thickened liquids
  - VII. Other considerations
    - Liberalized diets
    - Training timeline
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## After Webinar 4:

1. Refer to the IDDSI FAQs for answers to questions: <https://iddsi.org/faq/>
2. Watch Webinar 5: IDDSI: How does IDDSI work in the real world? Serving food and drinks

## Competency Suggestions:

1. Prepare the same entrée for Level 4 Puree, Level 5 Minced and Moist, Level 6 Soft & Bite-Sized and Level 7 Regular Easy to Chew. Analyze and discuss the samples for accuracy and compliance to texture standards. Were last minute adjustments needed to pass testing methods? If so, what was done?

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2. Prepare 3 servings of bread - 1 each of slurried/gelled, puree bread mix and puree from scratch. Test each for adherence to Level 4, 5 and 6 and discuss.

### Resources for Webinar 4:

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

1. Hormel Health Labs Resources
  - Dysphagia Solutions and More <https://www.hormelhealthlabs.com/>
  - IDDSI Compliant Recipes <https://www.hormelhealthlabs.com/resources/category/recipes/>
  - Expert Support <https://www.hormelhealthlabs.com/resources/>
  - IDDSI Compliant Foods and Beverage Products <https://www.hormelhealthlabs.com/products/>
  - IDDSI Preparation Tips <https://www.hormelhealthlabs.com/resources/maintaining-iddsi-levels-from-kitchen-to-plate/>
2. IDDSI website
  - <https://iddsi.org/resources/> scroll down to Resources from Other IDDSI Users for Recipe books on Pureed and Minced and Moist foods

### Resources for Professionals:

1. Free CPE - IDDSI webinars (90 minutes, 1.5 CPE) can be accessed here:
  - <https://www.beckydorner.com/free-resources/free-cpes/>
  - <https://www.hormelhealthlabs.com/resources/for-healthcare-professionals/> (Scroll down to Free CPE Training)
2. Becky Dorner & Associates website
  - Blog <https://www.beckydorner.com/adopting-the-international-dysphagia-diet-standardisation-initiative-now-is-the-time/>
  - Diet and Nutrition Care Manuals and Policy & Procedure Manual <https://www.beckydorner.com/product-category/manuals/>

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## Sample Recipe (Courtesy of S&S Nutrition)

### Cheese Strata

MealTracker Recipe - Number: 62034

Lunch-other Entrees

Pre Prep	Prep Time	Cook Time	Cook Temp	Cool Time
		1 Hr	300°F	

Portion Size: 1 Pc

Pan Size: 12X20x4"

Ingredients	Servings			
	10	20	40	60
Bread, White, Day Old, Slices	1 Lbs	2 Lbs	4 Lbs	5 7/8 Lbs
Cheese, Cheddar, Grated	1 Lbs	2 1/10 Lbs	4 1/8 Lbs	6 1/4 Lbs
Eggs, Beaten	10 Ea	20 Ea	40 Ea	60 Ea
Milk, Whole	3/4 Qts	1 1/2 Quart	3 1/8 Quart	4 2/3 Quart
Paprika	7/8 Tsp	1 2/3 Tsp	3 1/3 Tsp	5 Tsp
Salt	1/3 Tbsp	5/8 Tbsp	1 1/4 Tbsp	1 7/8 Tbsp
Mustard, Dry	5/8 Tsp	3/8 Tbsp	7/8 Tbsp	1 1/4 Tbsp

#### Procedures:

- HACCP: During the handling and preparation of all foods, wash hands regularly.
- Trim crusts from bread slices. Cut bread into 3/4" cubes.
- Arrange approx. 2 1/2 qts of cubes on bottom of greased 12 X 20 X 4" pans.
- Cover bread with the grated cheese, 2 1/2 lbs per pan, and then the remaining bread cubes, approx. 2 1/2 qts per pan.
- Combine eggs, milk and seasonings. Pour this mixture over the cubes so that bread will absorb moisture.
- Bake in 300°F oven for 1 hour until custard is set, puffed and golden.
- HACCP: Cook to a minimum internal temperature of 155°F for 15 seconds.
- Cut 6 X 4. May be served with a mix of fresh fruit.
- HACCP: Hold at an internal temperature of 140°F or higher for service.

#### Notes:

- Fruit Mentioned In Procedure Number Six Was Not Included In The Nutrient Analysis.

### Cheese Strata

MealTracker Recipe - Number: 62034

Lunch-other Entrees

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving Size 1 Pc (219g)		Total Fat 24g	37%	Total Carbohydrate 27g	9%
Calories 428		Saturated Fat 13g	66%	Dietary Fiber 1g	5%
Calories from Fat 219		Trans Fat 0g		Sugars 7g	
		Cholesterol 243mg	81%	Protein 25g	
		Sodium 836mg	35%		
		Vitamin A 17%	Vitamin C 0%	Calcium 57%	Iron 16%
		Thiamin 21%	Riboflavin 38%	Niacin 11%	

\* Percent Daily Values are based on a 2,000 calorie diet.

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Checklists for IDDSI Levels 7, 6, 5, and 4

**Level 7**  
**Easy to Chew**

- ✓ Not for people who require supervision or have increased risk of choking
- ✓ Have strong enough chewing ability to break down soft/tender foods into pieces
- ✓ Variable piece/particle sizes allowed - soft and tender
- ✓ Pieces must be able to break apart easily with the side of fork or spoon
- ✓ Can squash with pressure from a fork or spoon and stays in mashed form
- ✓ Avoid foods that are hard, tough, chewy, fibrous, stringy, have seeds, bones or gristle. No raw vegetables
- ✓ Consult clinician for direction on mixed consistencies & bread/sandwiches



Meal and photo courtesy of Christine Beach, CDM  
Pineview Transitional Rehab, Ogden, Utah

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## Checklists for IDDSI Levels 7, 6, 5, and 4

- ✓ Soft and presented in bite-sized pieces (<math>< 9/16\text{th}</math> or 1/2 inch - adults)
- ✓ Pieces smaller than standard dinner fork width
- ✓ Chewing is required before swallowing
- ✓ Soft, tender and moist throughout
- ✓ Contains no separate thin liquids (no mixed consistencies)
- ✓ Can cut with the side of a fork or spoon - a knife is not required
- ✓ Can squash with pressure from a fork or spoon and stays in mashed form

### Level 6 Soft and Bite-Sized



Meal and photo courtesy of Christine Beach,  
CDM Pineview Transitional Rehab, Ogden, Utah

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## Checklists for IDDSI Levels 7, 6, 5, and 4

- ✓ Soft and moist particle size - very small pieces (<1/8 inch - adults)
- ✓ Pieces fit between fork tines
- ✓ Mimics a soft chewed bolus
- ✓ Minimal chewing before swallowing - biting is not required
- ✓ Lumps can be mashed with the tongue
- ✓ Contains no separate thin liquids (no mixed consistencies)
- ✓ Holds shape on spoon and slides off easily (not sticky)
- ✓ Requires very little pressure to mash with metal fork

Level 5  
Minced  
and Moist



Meal and photo courtesy of Christine Beach, CDM  
Pineview Transitional Rehab, Ogden, Utah

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## Checklists for IDDSI Levels 7, 6, 5, and 4

- ✓ Smooth texture with no lumps
- ✓ No chewing required
- ✓ Holds shape on a spoon and fork - doesn't drip between tines of fork
- ✓ Holds shape when served on a regular dinner plate
- ✓ Falls off a spoon in a single dollop when tilted but is not sticky
- ✓ Can be molded/adapted into various shapes but can't be picked up with hands to take a bite (recommended for improved presentation)
- ✓ Liquids do not separate from smooth solids

**Level 4**  
**Puree**



Meal and photo courtesy of Christine Beach, CDM  
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