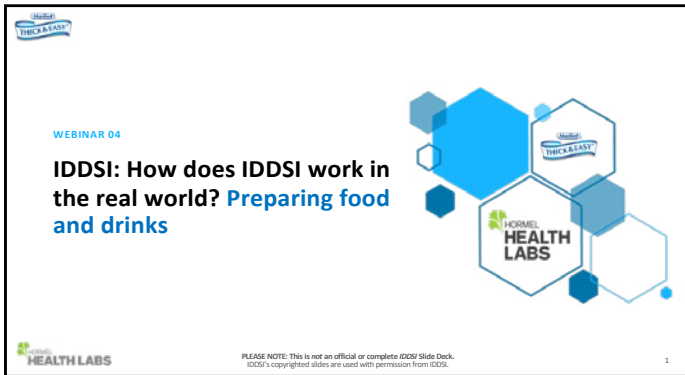


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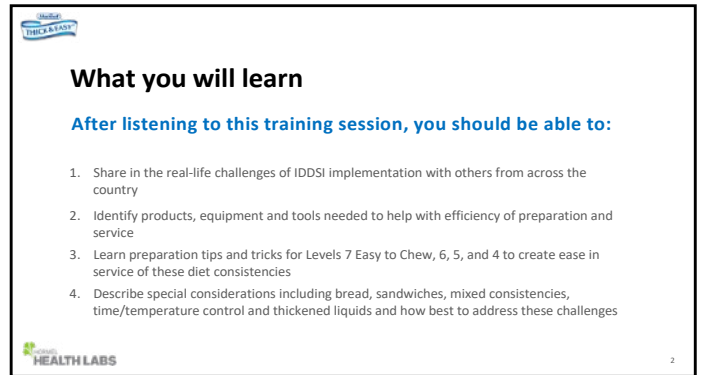


WEBINAR 04

IDDSI: How does IDDSI work in the real world? Preparing food and drinks

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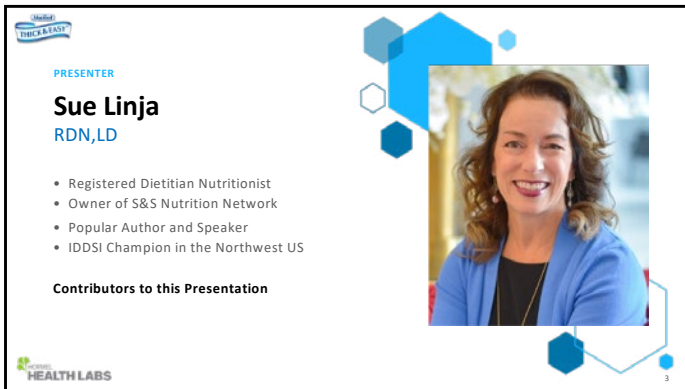


What you will learn

After listening to this training session, you should 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 diet consistencies
4. Describe special considerations including bread, sandwiches, mixed consistencies, time/temperature control and thickened liquids and how best to address these challenges

2



PRESENTER

Sue Linja
RDN, LD

- Registered Dietitian Nutritionist
- Owner of S&S Nutrition Network
- Popular Author and Speaker
- IDDSI Champion in the Northwest US

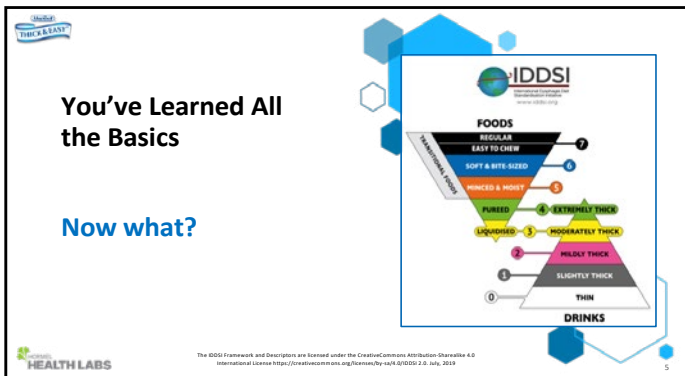
Contributors to this Presentation

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Courtesy of Elizabeth Moser, NSD Advanced Healthcare of Reno

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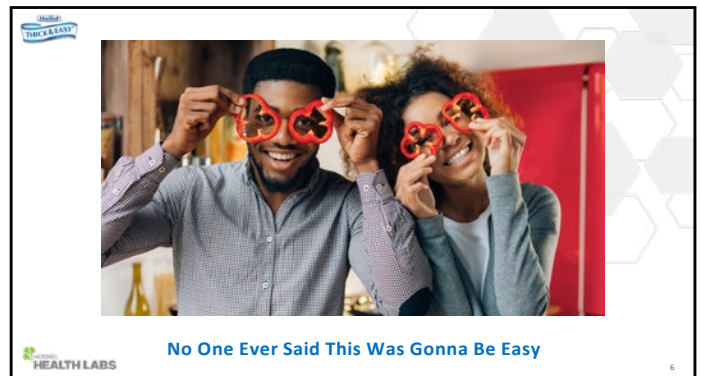


You've Learned All the Basics

Now what?

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No One Ever Said This Was Gonna Be Easy

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Obstacles and Challenges

- "Recipes just don't work"
- "Easy to Chew is contradictory"
- "Bread and bread products won't pass the testing methods"
- "You HAVE to have a 'third eye' to check these diets on tray line service"
- "Many vegetables won't pass the fork pressure test"
- "We are six months into this and we still don't always get it right"
- "My staff can't understand 15 mm and 4 mm"
- "The residents continually refuse these diets"
- "The testing at each meal slows down the service. This takes extra time to do it right"
- "All the foods dry out on the line by the end of service"
- "Mixed consistencies are everywhere"
- "My speech therapist and nursing don't always agree about serving these IDDSI diets"

7

Framework and Testing

Focus Here (Arrow pointing to Level 4)

8

Equipment

- Commercial-grade food processor
- Rocket blender or ninja-type for small batching
- Blender, immersion blender
- Ricer, pastry bags, squeeze bottles
- Chinois mesh strainer
- Measured cutting boards
- Good knives

9

10

Menus and Recipes

Name	Portion	Glazed w/ Greasy	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Pork Roast	2 oz				X	X			
Pork Chops	1.5 oz	X							
Mashed Potatoes	oz				X	X			
Zucchini & Mushroom Saute	oz						X	X	
Asst. Bread Basket	1 serving	X	X						
Fresh Fruit Cup	oz						X	X	
Choice of Beverage	8 oz								X

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Basic IDDSI Help on Recipes

8&8 Zucchini & Mushroom Saute *

Prep Time: 10 min | **Cook Time:** 10 min | **Chop Time:** 10 min

Portion Size: 1/2 cup | **Part Size:** 1/4 cup

Ingredients	48	36	24	18
Oil, Olive	1 Tsp	2 Tsp	3 Tsp	3 Tsp
Recipe Zucchini, fresh sliced	3/4 Cup	1/2 Cup	1/2 Cup	1/2 Cup
Mushrooms, fresh sliced	1/2 Cup	1/2 Cup	1/2 Cup	1/2 Cup
Salt, High Sodium	1/2 Tsp	2/3 Tsp	3/4 Tsp	3/4 Tsp
Pepper, Black, Ground	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/2 Tsp
Butt	1/4 Tsp	1/2 Tsp	3/4 Tsp	1/2 Tsp

Procedures:

- Heat oil in a large skillet over high heat.
- Add zucchini and mushrooms, saute for 2 minutes. Add mushrooms and beef and cook, stirring until softened to desired texture.
- Season with salt and pepper.
- Serve 1/2 cup (98 kcal) per portion.

IDDSI Info:
 *Recipe must pass IDDSI spoon and fork tests before serving. Test every time you prepare the recipe. If you are not able to pass the tests at the 8&8 level, adjust you can serve the food at a lower level. For example, if a recipe is not able to pass the tests at the 8&8 level, you can serve it at Level 5. If you are not able to pass the tests at the 8&8 level, you can serve it at Level 5. If you are not able to pass the tests at the 8&8 level, you can serve it at Level 5. If you are not able to pass the tests at the 8&8 level, you can serve it at Level 5.

8&8 Zucchini & Mushroom Saute *

Nutrition Facts
 Serving Size 1/2 cup (98 kcal)
 Calories 98
 Total Fat 10g
 Sodium 100mg
 Total Carbohydrate 10g
 Protein 2g

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**IDDSI Diet Levels
Guidelines, Tips
and Tricks**



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7 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 squish with pressure from a fork or spoon and stays in meal/plate
- Avoid foods that are hard, tough, chewy, fibrous, stringy, have seeds, bones or pits. No raw vegetables
- Consult clinician for direction on mixed consistencies & bread sandwiches

**Level 7
Easy to Chew**



HEALTH LABS

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6 Level 6 – Last Minute Adjustments

- Adjusting foods on the line
 - Sauces, gravies, oil, butter, hot broth (have compatible items available for extra moisture)
 - Use strainer and hot beverage to keep moist
 - Put gravy on the cutting board when chopping prior to service
 - Piping bags, scoops, molds
 - Dining room - poke n' soak




HEALTH LABS

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6 Level 6 – Thanksgiving Dinner




Special Tools Used: Piping Bags

Courtesy of Christine Beach, CDM, Chef
Pineview Rehab, Ogden, Utah

HEALTH LABS

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6 Level 6 – Cilantro Coconut Pork Tenderloin w/ Coconut Rice and Salad



Courtesy of Inna Pachina, Nutrition Services Director
AHC of Scottsdale

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Rice

Medium-Grain Rice:

- This type of rice produces moist, tender, slightly chewy grains that stick to each other when cooked.
- Common medium-grain rices include arborio and Valencia, which are typically used to make risotto, and bomba rice, which is used in paella.

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5 Level 5 – Tri-Tip Beef with Baked Potato & Roasted Fresh Vegetables

Courtesy of Chef Robin, AHC of Glendale

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5 Level 5 – BBQ Chicken, Tomato Vinaigrette, Cinnamon Apples

Special Tools Used: Ketchup/Sauce Bottles and Ring Molds

Courtesy of Elizabeth Moser, NSD Advanced Healthcare of Reno

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5 Level 5 – Turkey Reuben and Potato Salad

Using: Sandwich Mold Cake Pan

Courtesy of Chef James, AHC of Scottsdale


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4 Pureed- Level 4



Level 4 Puree

- ✓ Smooth texture with no lumps
- ✓ No chewing required
- ✓ Holds shape on a spoon and fork - doesn't slip between lines of fork
- ✓ Holds shape when served on a regular dinner plate
- ✓ Falls off a spoon in a single clump when tilted but is not sticky
- ✓ Can be modelled/shaped into various shapes that can't be picked up with hands to take a bite (not recommended for improved pronunciation)
- ✓ Lumps do not separate upon smooth solids

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4 Testing Intended for Pureed- Level 4

Product or food tested: _____
 Heating method(s): _____
 Temperature when tested at: _____ time of service _____ 15 mins after serving _____ 30 mins after serving _____

Instructions:
 • Level 4 Pureed critical tests include Appearance + Fork Dip Test + Spoon Tip Test OR if these are not available Finger Test. Checklist test not appropriate.
 • The food item must pass or meet criteria for any test marked *

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Dip Test (metal dinner fork needed)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Spoon Tip Test (teaspoon needed)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Hold edges on spoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Food slides off spoon with 100% food left on spoon (i.e. not sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
May spread or slump directly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Formed into finger or other shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Food slides smoothly and easily between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Food does not extrude or ooze on fingers but is not sticky	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Formed into ball without finger pressure	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Formed into ball with finger pressure	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Pureed?
 Yes No

Notes:
 • A single mouthful is to be able to go in the mouth and swallowed whole. No chewing and no bolus formation skills should be required to eat this consistency.
 • If you can pick the sample up in your hands and could form a piece of 1.5g "modelled puree", the sample is not a puree and poses a choking risk.
 • Please see also <http://www.iddsi.org/level4-testing-methods/>

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4 Level 4 – Time Saving Tips & Tricks

- Cook until extremely tender
- Use fresh never leftovers
- Rice starches, cooked vegetables and soft fruits
- Bulk preparation and re-heat
 - Reheating regulations
- Easy to use items
 - HHL frozen molds - steam and serve
 - Meat, vegetables, fruit
- Cream of rice, grain purees, potato flakes, dehydrated hummus, frozen pumpkin and squash purees



HEALTH LABS 39

Potato Ricer



HEALTH LABS 40

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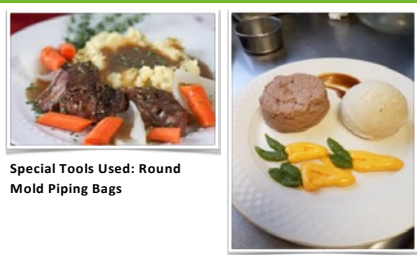
4 Level 4 – Time Saving Tips & Tricks

- Gravy, sauces to mix in at the end if too thick. Also consider:
 - Sour cream, cheese sauce
 - Hot melted butter
 - Tomato sauce or compatible sauce
 - Olive oil or mild flavored oils
- Mix in a little prepared mashed potatoes or potatoes flakes if too thin then retest



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4 Level 4 – Roast Beef w/ Potatoes and Carrots



Special Tools Used: Round Mold Piping Bags

Courtesy of Christine Beach, MHC, Proview Capital, Utah

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4 Level 4 – Thanksgiving Dinner




Special Tools Used: Piping Bags

Courtesy of Christine Beach, AHC Proview Ogden, Utah

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4 Level 4 – BBQ Chicken, Tomato Vinaigrette, Cinnamon Apples



Special Tools Used: Ketchup/Sauce Bottles, Piping Bags

Courtesy of Elizabeth Moser, NSD Advanced Healthcare of Reno

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Special Considerations

- Bread/Bread Products/Sandwiches
- Desserts
- Mixed Consistencies and Soups
- Thickened Liquids



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Bread and Bread Products


- No regular bread on Levels 3, 4, 5, or 6 unless SLP orders it is OK
- Bread/products that are dry, crumbly or gummy are not allowed
- Slurried or gelled bread is acceptable
- Check out the IDDSI-tested bread and pasta products on the market - must still be tested in your facility



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Ideas for Incorporating Bread/Grains

- Souffles/stratas/bread puddings may consider to replace sandwiches, meat/veg/grain or for breakfast components
- Quick breads - If very moist and not crumbly, could be cut to size and served to Levels 5 & 6
- Seasoned bread crumbs - Can be used in some flavorful casseroles and vegetables
- Increase portions of cereals and other grains to replace missed bread servings



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Meat and Cheese Souffle
6 Servings

1/2# Cheddar Or Monterey Jack Cheese - Shredded
 1/2# Cooked Meat of Choice (Start with diced but will be blended)
 1/3 tsp Chicken, Ham, Veg or Beef Soup Base
 1 cup Water
 6 slices Bread - may use any standard sandwich type
 1/2 cup Liquid Pasteurized Eggs
 3/4 cup Milk
 1/4 cup Olive Oil
 1/4 cup Butter or Margarine

Mix base with water to make broth. In food processor, mix broth, milk, eggs, meat, cheese, bread, oil and butter/margarine until smooth, stirring frequently. Pour into greased 9x9" pan and bake at 350 F for 35-45 minutes. (Knife test - should come out clean). Cut into 6 equal squares to serve. Top with sour cream & paprika.
 Complete testing methods for IDDSI Levels 4, 5 and 6.

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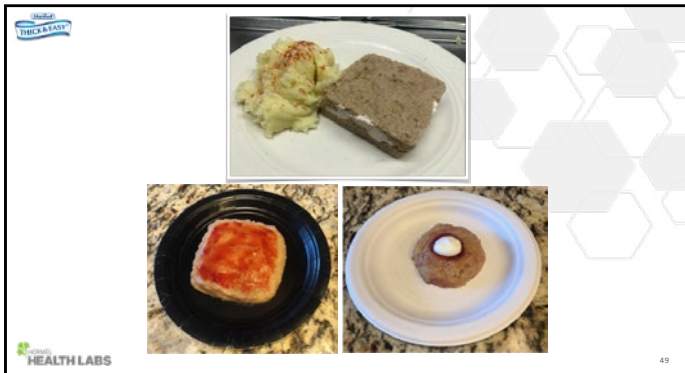


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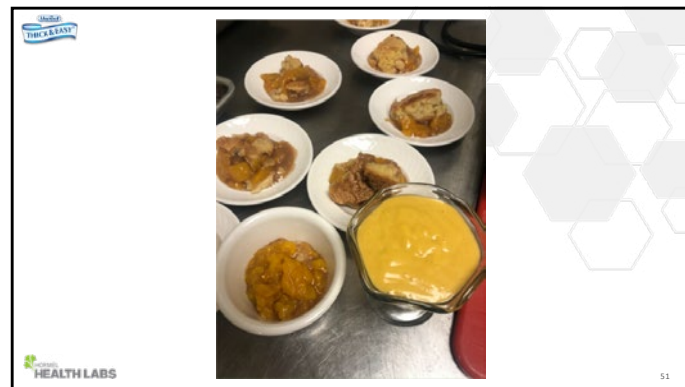


Desserts


- Often difficult to prepare for all diet levels as many are bread/grain products
- Desserts that are dry, crumbly or gummy are not allowed
- For cakes, cookies and grain/dough desserts, see bread/bread products
- Poke and soak
- Parfaits, mousse, crustless pies and cheesecakes may be acceptable for all diet levels if prepared appropriately



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Mixed/Dual Consistencies




- Food that contains both solids and liquids are mixed or dual consistencies
- Not allowed on Level 4, 5 or 6 without SLP/MD orders
- Must thicken all sauce/gravy to an extremely thick consistency (ie on potatoes, meat, fruit)
- For soups/casseroles - must be pureed or in extremely thick broth with appropriate particle size and mashability
- Adding small amounts of food thickener, banana or pectin to blended fruit may reduce separation of liquid
- Prepare increased-use items in bulk (oatmeal mixed with milk, pureed soup, extensively-thick gravy). Store following food safety standards.

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Mixed/Dual Consistencies

- Vegetables in soup broth
- Milk on cereal
- Canned fruit or fruit with high juice/water content
- Soft cooked egg
- Thin yogurt/kefir with fruit pieces
- Marinara sauce on pasta
- Gravy on mashed potatoes



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Thickened Liquids

- Decreased risk and error using pre-thickened liquids
 - Remember to shake all pre-thickened products before serving
 - Consistency may change when heated or chilled
 - Try various thickeners to find a good fit for your facility
- Some gum-based products can thicken ice cubes, soups, soda, protein supplements, ice cube and cream, and even be used in products that go from frozen to hot without altering the thickness (all products thickened by staff should be tested using the standardized flow testing method)

Example videos of the IDDSI flow test can be found on the IDDSI website: www.iddsi.org

IDDSI Level classifications based on liquid remaining after 10 seconds:
Level 1: All liquid flows through syringe.
 Level 2: 10-15% liquid remains.
 Level 3: 20-35% liquid remains.
 Level 4: 40-45% liquid remains.
 Level 5: 50-55% liquid remains.
 Level 6: 60-65% liquid remains.

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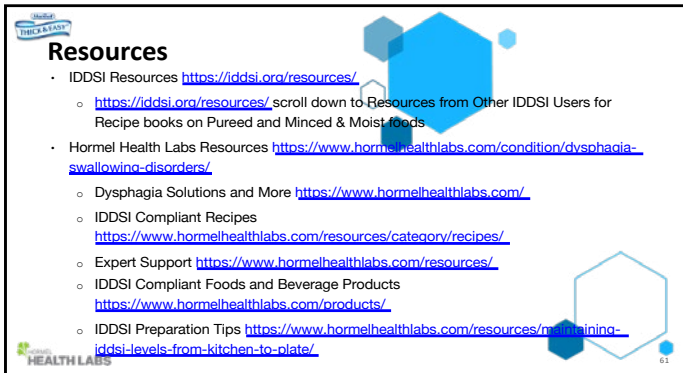
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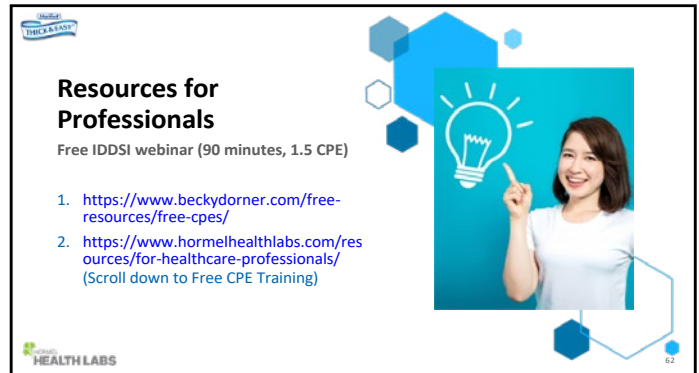


Resources

- IDDSI Resources <https://iddsi.org/resources/>
 - <https://iddsi.org/resources/> scroll down to Resources from Other IDDSI Users for Recipe books on Pureed and Minced & Moist Foods
- Hormel Health Labs Resources <https://www.hormelhealthlabs.com/condition/dysphagia-swallowing-disorders/>
 - 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/>

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Resources for Professionals

Free IDDSI webinar (90 minutes, 1.5 CPE)

1. <https://www.beckydonner.com/free-resources/free-cpes/>
2. <https://www.hormelhealthlabs.com/resources/for-healthcare-professionals/> (Scroll down to Free CPE Training)

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