

The Nutrition Professional's Guide to IDDSI: *Prepare & Serve A Quality Diet for People with Dysphagia*

Live Webinar: April 15, 2021 (2-3:00 pm EDT)

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<https://www.beckydorner.com/instructionsforwebinars/>



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Description and Speaker: This practical training focuses on how to prepare and serve food and beverage for people with dysphagia who are on an IDDSI diet. Join expert Sue Stillman-Linja, RDN, LD as she reviews common challenges during the transition to IDDSI, discusses equipment needed for food preparation, and reviews the basics on menus and recipes. She will present specific food preparation techniques for each level of IDDSI (from level 7 to 4) including an overview checklist, testing for each level, time saving tips and tricks.

Sue's photo examples, last minute adjustment tips, sample recipes, and ready to use food/beverage tips help make IDDSI easy to understand and implement. As a special bonus, Sue will provide tips for hard to manage breads, desserts, mixed consistencies, thickened liquids, liberalized diets, use of preprepared foods/beverages, and a staff training timeline. We will share many resources to make your transition easier.

Objectives: After completing this continuing education course, the learner should be able to:

1. Implement systems to help ensure that foods and drinks are prepared, served and maintained at the correct texture and consistency for the individual with dysphagia on Levels 7 Easy to Chew, 6, 5, and 4.
2. Train others on the importance of time and temperature on the maintenance of food texture and liquid consistency.
3. Identify useful equipment, preparation tips, testing methods, quality assurance and performance improvement resources.
4. Apply corrections when foods and drinks do not test correctly at the point of service.

Disclosure: Sue Stillman-Linja is on the Advisory Council for Hormel Health Labs and is a contractor with Becky Dorner & Associates. She has certified that no conflict of interest exists for this program.

This course is intended for: RDNs, CDEs, NDTRs and CDMs	CDR Activity Type and Number: Activity Type: 171 Live webinar / 175 Recorded Webinar Activity number: 162211/162212: Recorded Webinar CDM Approval Number: 166008
Course CPE Hours: 1.0	CDR Level: 2
Suggested CDR Performance Indicators: 6.2.4, 8.3.1, 8.3.6, 13.2.2	



Professional Approvals: Becky Dorner & Associates, Inc. has been a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration since 2002.

Note: Numerous Other Performance Indicators May Apply.

Expiration Date for Recorded Webinar: April 6, 2024

How to Complete a CPE Course:

<https://www.beckydorner.com/continuing-education/how-to-complete-cpe/>

Questions? Please contact us at info@beckydorner.com



How to Complete a Continuing Education Course or Webinar

IMPORTANT! To receive the CPE credit, each participant will need to register to be a BDA member on our website (this is free). Once a member, you can follow these instructions.

Instructions for Obtaining Your Certificate

In order to obtain the CPE certificate, you must view/read the entire program, complete the test with an 80% passing grade, and complete the evaluation. After you submit your answers, the screen will show correct answers in green and incorrect answers in red. Re-take the test as many times as needed. Complete the evaluation to access and print your certificate.

1. Accessing Your Tests

Log into your account to access your tests. Click on the “Member Area”, then click on the “Tests/Certificates” button on the left side bar.

Under “Tests/Certificates”, you will see the tests for all products you have purchased or have been sent. You should see the course under Send or Use Additional Tests/Certificates. Click on “Use”. Move up a little and click on Start to begin the process. If you are interrupted and cannot finish the test, you can save the test and come back to it at any point in time to finish it.

For webinars, the test simply asks you to certify that you have completed the course.

Free Continuing Education Webinars

In order to obtain the CPE certificate, you must view the entire program, complete the test and evaluation.

- Please sign into your BDA account. **This is KEY.**
- Go back to webinar page under Free CPEs. Scroll to bottom of page, click on **Add Test to Account** button. This will automatically add the test to your account.
- Go to Member Area and in your account, click on Tests/Certificate tab. The test simply asks you to certify that you have completed the course.
- Once successfully passed, you will automatically be directed to the online evaluation. Click “Submit” when finished. Once the evaluation is submitted, you will be redirected back to the Member Area, within Test/Certificates.
- Click on the Download button to the right of your completed program to print your certificate and/or save it to your computer. Your certificate will also be emailed to you.

Free Webinars and Partner Organizations

If you’ve been given access to our courses through one of our Partner organizations, go to <https://www.beckydonner.com/about/partners/>, click on your organization, follow instructions.

2. Completing the Evaluation

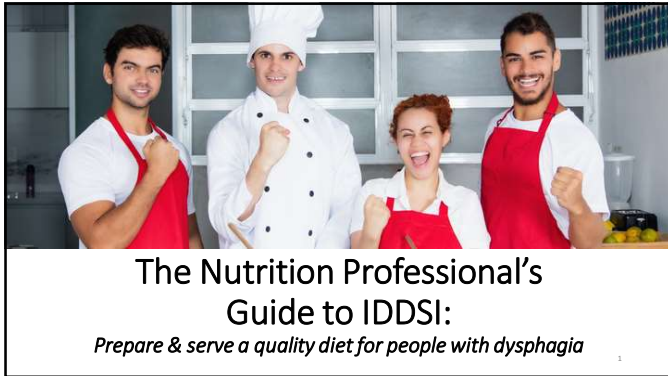
Upon successfully completing the test, you will automatically be directed to complete the online evaluation. Click “Submit” when finished. Complete the CDR required Critical Thinking Evaluation Tool or CTT (courses only). Click “Submit” when finished. A copy of your completed CTT will be provided with your certificate.

3. Obtaining Your Certificate

Once the evaluation is submitted, you will be directed back to the Member Area, within Tests/Certificates. Click on the Download button to the right of your completed program to print your certificate and/or save it to your computer. Your certificate will also be emailed to you.

Questions on CPE Certification? Please refer to our [FAQ page](#) at <https://www.beckydonner.com/faq/> or [contact us](#) at <https://www.beckydonner.com/about/contact/> with additional questions.

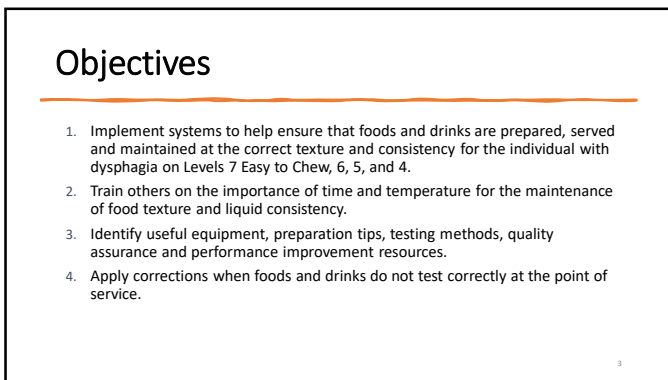
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Results of Not Testing Foods & Drinks

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What is the Cost of Not Testing/Correcting Errors?

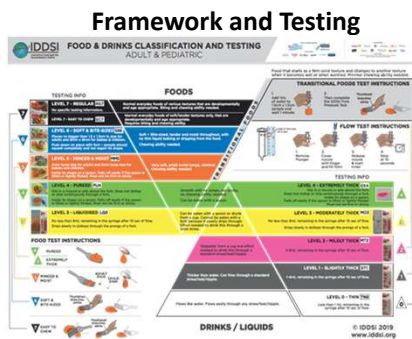
- Choking/lost lives
- Decreased intake and malnutrition
- Increased food cost due to waste
- Increased food service and nursing labor
- Increased frustration and morale issues
- Potential legal issues



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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 & Challenges



- "Easy to Chew is contradictory"
- "Bread/bread products won't pass testing"
- "You HAVE to have a '3rd eye' to check these diets on tray line"
- "Many vegetables won't pass fork pressure tests"
- "We are 6 months into this and we still don't always get it right"
- "The residents continually refuse these diets"
- "Testing at each meal slows down the service. It takes extra time to do it right"
- "All foods dry out on the line by end of service"
- "My speech therapist and nursing don't always agree about serving these IDDSI diets"

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Must Haves

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IDDSI Implementation Timeline

Task	Who	When	Resources	Completed Date
Write IDDSI for State Data Processing	Planning Team	July 2019	State IDDSI 4.0	
Implement IDDSI for State Data Processing	Planning Team	July 2019	State IDDSI 4.0	
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Menus

Menu	Item	Portion	Prep	Cook	Serve	Notes
Park Roast	3 oz					
Park Gravy	1.2 oz					
Mashed Potatoes	0.6					
Zucchini & Mushroom Sauce	0.6					
Ass. Bread Basket	1 serving					
Fresh Fruit Cup	0.6					
Choice of Beverage	8 oz					

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Recipe	Portion	Prep	Cook	Serve
SSS Zucchini & Mushroom Sauce *	1/2 cup			
Ingredients:				
Oil	1 TB			
Onion	1/2 cup			
Zucchini	1/2 cup			
Mushrooms	1/2 cup			
Garlic	1/2 cup			
Pepper	1/2 cup			
Salt	1/2 cup			

Recipes

Recipe	Portion	Prep	Cook	Serve
SSS Zucchini & Mushroom Sauce *	1/2 cup			
Ingredients:				
Oil	1 TB			
Onion	1/2 cup			
Zucchini	1/2 cup			
Mushrooms	1/2 cup			
Garlic	1/2 cup			
Pepper	1/2 cup			
Salt	1/2 cup			

Basic IDDSI Help on Recipes

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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



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IDDSI Audit Sheets

Product or food tested	Heating method	Time of service	Time of service	Time of service
Product or food tested	Heating method	Time of service	Time of service	Time of service
Product or food tested	Heating method	Time of service	Time of service	Time of service
Product or food tested	Heating method	Time of service	Time of service	Time of service
Product or food tested	Heating method	Time of service	Time of service	Time of service

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IDDSI Diet Levels Guidelines, Tips and Tricks

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Importance of Time & Temperature

- Timely meal delivery is key for proper textures and consistencies
- Special considerations should be given for people who take a long time to eat
 - The length of time it takes a person to eat may be an issue
- Testing at delivery, and again at 15 and 30 minutes is important to ensure safe textures throughout the meal



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Tools Needed To Test/Adjust Foods at Point of Service

- Fork
- Spoon
- 10 mL syringe
- No polish on your thumb nail
- Texture modifiers: Butter, olive oils, sour cream, gravy, sauces, juice, milk, etc.



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7 Level 7 – Easy to Chew



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 softer 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 mashed form
- Avoid foods that are hard, tough, chewy, fibrous, stringy, have seeds, bones or gristle. No raw vegetables
- Consult physician for direction on mixed consistencies & bread sandwiches

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7 Testing Intended for Level 7 – Easy to Chew

Product or food tested		Temperature when tested at:		
Feeding method(s)		□ 10 min after serving	□ 15 min after serving	□ 30 min after serving
Instructions: <ul style="list-style-type: none"> Level 7 Easy to Chew (IDDSI) tests include Fork/Spoon Pressure Test OR if these are not available Finger Test. The food item must pass or meet criteria for any test marked * Meets criteria means answers "Yes" to all critical tests. 				
Tests		Meets criteria at		
Critical: Fork/Spoon Pressure Test (initial dinner fork or teaspoon needed)				
* Must be able to break food apart easily with just the side of a fork or spoon		□ Yes □ No	□ Yes □ No	□ Yes □ No
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food breaks apart, can be squashed and will not return to original shape		□ Yes □ No	□ Yes □ No	□ Yes □ No
Alternative if Fork or Spoon not available: Finger Test				
* Must be able to break food apart easily with fingers		□ Yes □ No	□ Yes □ No	□ Yes □ No
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape		□ Yes □ No	□ Yes □ No	□ Yes □ No
Optional: Chisel Test				
* Chisel can easily break & pass to show food into smaller pieces		□ Yes □ No	□ Yes □ No	□ Yes □ No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 7 Easy to Chew?		□ Yes □ No	□ Yes □ No	□ Yes □ No

Notes: * Some being able to pass for this texture. Chewing ability is needed for this texture.
* Please see the [IDDSI Framework and Descriptors](#) for more information.

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7 Level 7 – Time Savings Tips & Tricks

- Cook all meat products until very tender and by methods that retain moisture
 - Lightly salting meat for up to 24 hours before preparation can help to tenderize
 - Cook from fresh - avoid pre-breaded meats (often dry)
- Plan to cook the vegetables at least 5 minutes longer than regular diets
- Foods may need to be moistened with a sauce or gravy before service
- Peel all fresh fruit and tough-skinned vegetables before cooking



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6 Soft & Bite-Sized – Level 6



Level 6 Soft & Bite-Sized

- Soft and presented in bite-sized pieces (1/4" 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 squish with pressure from a fork or spoon and stays in mashed form

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6 Level 6 – Time Savings Tips & Tricks

- Cooking Methods
 - Meat - Braise, slow cook; Consider starting with diced meat
 - Vegetables - Chop to size before cooking
 - Starches - Rinse off starch
- Measured cutting boards
- Pastas, grains and rices
 - Chart of pasta and rice in <1/2" size
- Equipment - Blender, food processors, ricers, strainers
- Bulk Preparation and Re-therm - be aware of reheating regulations



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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



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6 Level 6 – Thanksgiving Dinner



Special Tools Used: Piping Bags

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

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6 Testing Intended for Level 6 – Soft & Bite-Sized

Product or food tested	How long (minutes)	Temperature when tested at:	Time of service	15 mins after serving	30 mins after serving
Instructions: <ul style="list-style-type: none"> Level 6 Soft & Bite-Sized 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 one method. 					
Tests					
Critical: Appearance <ul style="list-style-type: none"> Pieces less than or equal to 15mm x 15mm (adults), 8mm x 8mm (pediatrics) No separate thin liquid 			Meets criteria at		
Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed) <ul style="list-style-type: none"> When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape. Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side. 					
Alternative if Fork or Spoon not available: Finger Test <ul style="list-style-type: none"> When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape. 					
Optional: Chopstick Test <ul style="list-style-type: none"> Chopsticks can break 15mm x 15mm pieces into smaller pieces 					
Notes: Chewing ability is needed for this texture, although biting is not required. Pieces should be bite-sized at time of serving. Please see also http://idssi.org/american-food-testing-method/					

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6 Level 6 – Soft & Bite-Sized Testing



Regular Meal



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6 Level 6 – Soft & Bite-Sized Testing

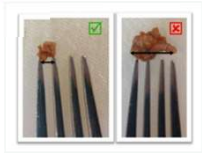


Video courtesy of Christine Beach, ANH Pineview Ogden, Utah

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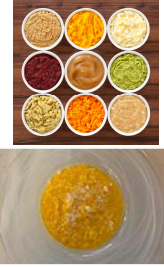
5 Minced & Moist - Level 5



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5 Level 5 – Time Saving Tips & Tricks

- Cooking Methods
 - Meat - Poach, braise, stew
 - Vegetables - Chop to size first
 - Starches - Rinse off starch and use small grain size <1/8 inch. Cook risotto-type dishes
- Pick super ripe fruit or drain well prior to mincing
- Get meat to particle size before adding gravy - generally can't be altered by hand or on tray line
- Bulk Preparation and Re-therm - be aware of regulation for reheating (only once)
- Easy to Use Items
 - Minced & Moist Meat + Sauce/Gravy



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5 Level 5 – Finely Chop Vegetables Prior to Cooking



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5 Level 5 – Time Saving Tips & Tricks

- Always need extra hot gravy and melted butter ready
- Hold meats in a broth/liquid
- Put gravy on the cutting board when chopping prior to service
- May need to flash boil/steam at the end to get soft enough
- Piping bags, scoops, molds
- Garnish with colored non-fruit Greek yogurt or applesauce



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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 Testing Intended for Level 5 – Minced & Moist

Product or food tested			
Heating method(s)			
Temperature when tested:	at time of service	15 mins after serving	30 mins after serving
Instructions:			
• Level 5 Minced & Moist critical tests include Appearance • Fork Pressure Test • Spoon Lift Test Off if these are not available Finger Test • For particle size: food intended to mimic a "chewed bolus" - must be equal to or less than three width and no longer than 10mm in length (adults). • Equal to or less than 2mm width and no longer than 10mm in length (pediatric). • The food item must pass or meet criteria for any one method.			
Tests			
Critical: Appearance			
• Lump less than or equal to three (adults), 2mm (pediatric).	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
• No separate thin liquid	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Critical: Fork Pressure Test (metal dinner fork, level)			
• Food can be easily mashed with little pressure from a dinner fork - pressure should feel evenly distributed across the surface	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
• Easily separates and comes through range of a dinner fork	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Critical: Spoon Lift Test (metal spoon)			
• Holds shape on spoon	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
• Food slides off spoon with little food left on spoon (i.e. not sticky)	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
• May spread or slump slowly on a flat plate	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Minced if Fork or Spoon not available: Finger Test			
• Small, soft, smooth rounded particles can be easily squashed between fingers	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Optional: Chopstick Test			
• Food feels moist and will leave fingers wet	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
• Chopsticks can scoop or hold this texture of food to moist and adhere	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Critical: Re-therm Test (Cooking thermometer)			
• Food is at least 165°F (63°C) throughout	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>	Yes <input type="checkbox"/>
Notes:			
• Minimal chewing should be needed to eat this food (e.g. tongue force should be able to squish/break food).			
• Please see http://www.iddsi.org/foods-testing-methods			

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5 Minced & Moist - Level 5

Fail ❌

Fail ❌

Pass ✅



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5 Testing Intended for Level 5 – Minced & Moist



Photos courtesy of Christine Beach, AHC Pineview Ogden, Utah

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5 Level 5 – Minced & Moist Testing



Video courtesy of Christine Beach, AHC Pineview Ogden, Utah

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4 Pureed- Level 4



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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-therm
 - Reheating regulations
- Easy to use items
 - Frozen molds - steam and serve
 - Meat, vegetables, fruit
- Cream of rice, grain purees, potato flakes, dehydrated hummus, frozen pumpkin and squash purees



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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, AHC Pinview 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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4 Testing Intended for Pureed- Level 4

Product or food tested	Time of service	15 mins after serving	30 mins after serving
Heating method(s)			
Temperature when tested at:			
Instructions: <ul style="list-style-type: none"> Level 4 Pureed critical tests include Appearance • Fork Dip Test • Spoon Tilt Test OR if these are not available Finger Test. Chopslick test not appropriate. The food item must pass or meet criteria for any row marked * 			
Tests			
Critical: Appearance			
• No lumps	<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)			
• Food sits in a mound above dinner fork (a small amount may form a tail below the dinner fork)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
• Does not drip or flow continuously through dinner fork	<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 Tilt Test (teaspoon needed)			
• Holds shape on teaspoon	<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 teaspoon with little food left on teaspoon (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 slowly 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
Alternative: Fork or Spoon Not Available: Finger Test			
• Hold a sample on fingers without it dripping through continuously	<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 may leave noticeable residue on fingers that 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
Preferred but not critical: Fork Pressure Test			
• Pressing of dinner fork makes clear pattern on surface OR food briefly leaves fork indentation marks	<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?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Notes: <ul style="list-style-type: none"> A puree needs to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency. If you can spin the sample up in your hands and could blow a piece of it (big, rounded puffs), the sample is not a puree and passes a chugging test. Please see also http://idddi.org/handout/food-testing-methods/ 			

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4 Testing Intended for Pureed- Level 4



Regular Meal



Photos courtesy of Christine Beach, AHC Pinview Ogden, Utah

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4 Testing Intended for Pureed- Level 4

Too sticky



Add olive oil and mix



Retest



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Special Considerations

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Pasta



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Rice

Medium-Grain 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.



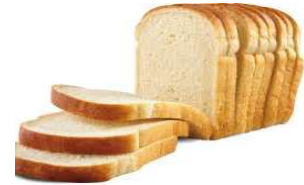
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Potato Ricer



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Bread and Bread Products



- No regular bread on Levels 3, 4, 5, or 6 unless SLP orders
- No dry, crumbly or gummy breads/bread products
- Slurried or gelled bread is acceptable
- IDDSI-tested bread/pasta products on the market - must still be tested in your facility

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Ideas for Incorporating Bread/Grains

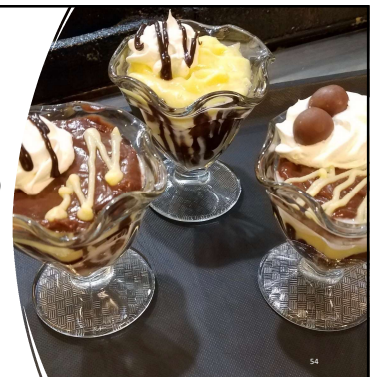
- Souffles/stratas/bread puddings - consider to replace sandwiches, meat/veg/grain or for breakfast
- Quick breads - If very moist and not crumbly, cut to size and served to Levels 5 & 6
- Seasoned breadcrumbs - Can be used in some flavorful casseroles and vegetables
- Increase portions of cereals and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



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Desserts

- Often difficult to prepare for all diet levels (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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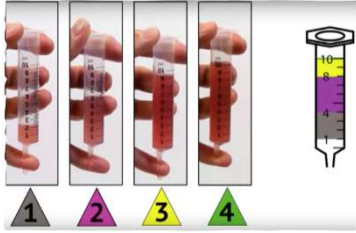
Mixed/Dual Consistencies

- Food that contain both solids & liquids
- Not allowed on Level 4, 5 or 6 without SLP/MD orders
- 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

Examples: Vegetables in soup broth, milk on cereal, canned fruit or fruit with high juice/water content, 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
 - Shake all pre-thickened products before serving
 - Consistency may change when heated or chilled
- Some gum-based products can thicken ice cubes, soups, soda, protein supplements, ice cream
- Test all products thickened by staff using the standardized flow testing method

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Quality Assurance Performance Improvement

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3 Checkpoints for Review

1. When leaving the kitchen (food service staff)
2. Before delivering the meal to the individual (hospitality/caregiver)
3. At the table or bedside and throughout the meal (caregiver)



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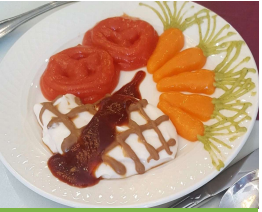
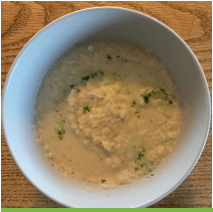
Checkpoint #1: When Leaving the Kitchen



- Check that foods & drinks haven't changed from earlier testing
 - Be sure beverages have not gotten thicker or thinner
 - Be sure foods have not dried out while being held
- Meals should be attractive and in the proper texture for each person

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4 Level 4 – Pureed



Not a smooth texture

Barbeque sauce may be too thin

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Checkpoint #2: Before Delivering the Meal to the Individual

- Review the tray card/ticket
 - A third set of eyes
- Take a critical look at the foods & drinks compared to the diet order
 - Are the food textures and drink consistencies accurate?
- If there are concerns, return the plate/tray to the kitchen



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7 Level 7 – Easy to Chew



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Checkpoint #3: At the Table or Bedside & Throughout Meal

- Meal delivery: check the accuracy of the foods and drinks
 - Delivery
 - 15 minutes
 - 30 minutes
- Besides a visual check, a spoon or fork test may be needed
- If the food doesn't pass the tests
 - Alter the food and test again
 - Return the meal to the kitchen if needed



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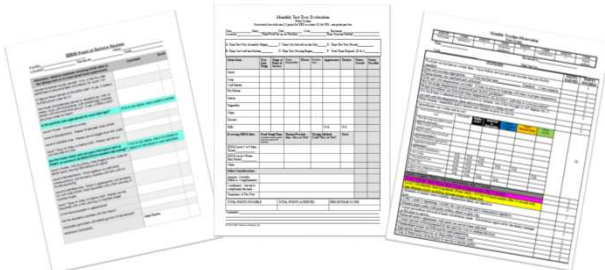
5 Level 5 – Minced & Moist



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QAPI Forms for IDDSI – Point of Service



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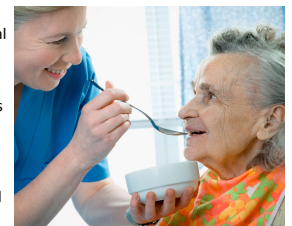
65

Infection Control and Dignity

When testing food at the point of service, maintain food safety and dignity for the individual

Ideas include:

- Explain what you are doing and why
- Wash your hands before touching foods, drinks or utensils
- Use clean utensils for testing (do not use the individual's utensils)
- Put a small sample onto a clean plate to test
- Make adjustments to foods & drinks as needed
- Retest using the same procedure



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Other Considerations

- Don't "OVER-restrict" your patients/residents
 - Liberalize therapeutic portion of the diet order
 - SLP to allow regular bread, transitional foods and mixed consistencies whenever possible
 - Use a more liberal (dental-soft-type) diet—allowing fresh veg/fruits, breads and mixed consistencies—for residents without dysphagia
- Special attention is needed for food safety as these diets are handled more and will often need reheating (only once)
- Ready to use items for ease of preparation

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IDDSI Training Tools



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Summary: Keys to Success



- Essentials to successful IDDSI implementation include a plan, menus, recipes, proper equipment and a QAPI program
- Temperatures, textures and consistencies must be monitored throughout meal preparation and service
- All foods/drinks must pass tests prior to being served
- Pay special attention to foods/drinks that change textures based on time and temperature
- Modifications at the point of service can help ensure food/drinks are safe for individuals with dysphagia

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Resources

IDDSI Resources (including audits)

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

• FAQs for answers to questions:

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

Becky Dornier & Associates

• Free IDDSI CPE webinar

<https://www.beckydorner.com/free-resources/free-cpes/>

and staff training webinar series

<https://www.beckydorner.com/hormel-health-labs/hormel-health-lab-training-webinars-registration/>



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The Nutrition Professional's Guide to IDDSI: Prepare and serve a quality diet for people with dysphagia with Sue Linja, RDN, LD 4/15/21

References:

1. The International Dysphagia Diet Standardisation Initiative. <https://iddsi.org/framework>.
2. Rule DW, Kelchner L, Mulkern A, Couch S, Silbert N, Welden K. Implementation Strategies for the International Dysphagia Diet Standardisation Initiative (IDDSI), Part I: Quantitative Analysis of IDDSI Performance Among Varied Participants. Am J Speech Lang Pathol. 2020 Aug 4;29(3):1514-1528. doi: 10.1044/2020_AJSLP-19-00012. Epub 2020 Jun 8. PMID: 32510986.
3. Is IDDSI an Evidence-Based Framework? A Relevant Question for the Frail Older Population. Côté C, Giroux A, Villeneuve-Rhéaume A, Gagnon C, Germain I. Geriatrics (Basel). 2020 Oct 21;5(4):82. doi: 10.3390/geriatrics5040082. PMID: 33096747.
4. Clinical applications of IDDSI framework for texture recommendation for dysphagia patients. Su M, Zheng G, Chen Y, Xie H, Han W, Yang Q, Sun J, Lv Z, Chen J.J Texture Stud. 2018 Feb;49(1):2-10. doi: 10.1111/jtxs.12306. Epub 2017 Nov 13. PMID: 29052849.
5. IDDSI Food Test Cards. <https://www.youtube.com/watch?v=EIItlIGY3ndo&feature=youtu.be>.
6. IDDSI Frequently Asked Questions. [IDDSI - FAQ](#).

Resources:

- The International Dysphagia Diet Standardisation Initiative Resources <https://iddsi.org/resources/>.
- IDDSI 101. <https://www.youtube.com/channel/UC0I9FDjwJR0L5svlGCvIqHA/vi>.
- Level 4. <https://youtu.be/EIItlIGY3ndo>.
- Level 5 Minced and Moist Meat. <https://www.youtube.com/watch?v=9tMowfeuzVY>.
- Level 5 Minced and Moist Rice. <https://youtu.be/YoOA6Co8rFM>.
- IDDSI CPE Webinar <https://www.beckydorner.com/free-resources/free-cpes/>.
- Staff Training Webinar Series <https://www.beckydorner.com/hormel-health-labs/hormel-health-lab-training-webinars-registration/>.
- Hormel Health Labs Resources. <https://www.hormelhealthlabs.com/resources>.

References and Resources

- Maintaining IDDSI Levels from Kitchen to Plate.
<https://www.hormelhealthlabs.com/resources/maintaining-iddsi-levels-from-kitchen-to-plate/>.
- Hormel Health Labs Featured Products.
<https://www.hormelhealthlabs.com/products/>



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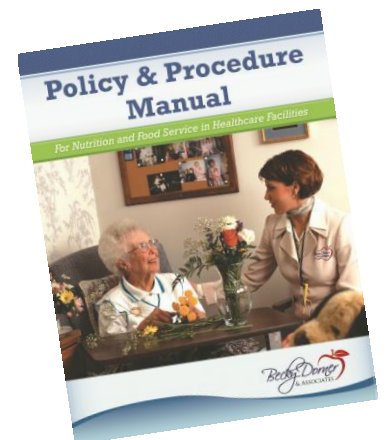
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- Prevention and Treatment of Sarcopenia Short Course (2021)
- Medical Nutrition Therapy for Thyroid Disease Self-Study Course (2021)
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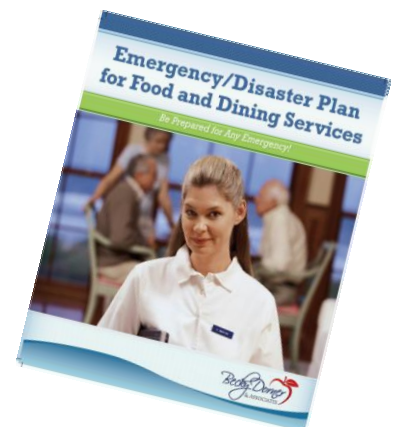
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