



Our OSP team are here to help you make the transition to IDDSI, the International Dysphagia Diet Standards Initiative, by May 2019. Remember to ask your visiting OSP clinician if you are unsure of how to get started, or call us on 0403903822 to discuss ideas on implementing IDDSI in your workplace.

# Implementing IDDSI May 2019

Are you ready for the International Dysphagia Diet Standards Initiative?



## IDDSI Consumer Guides

The IDDSI website's resources page has some great guides for consumers including what each level involves, foods to avoid and food examples.

Click here for the page, and go to 'Consumer Handouts': <https://iddsi.org/resources/>

For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 4 Pureed food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips, seeds	Apple seeds, pumpkin seeds, white of an orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter; overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, 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
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Visible lumps	Lumps in pureed food or yoghurt

### 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-pouring sauce or gravy
- \* **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- \* **Fruit** served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- \* **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- \* **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- \* **Rice** requires a sauce to moisten 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-pouring sauce to moisten and hold the rice together
- \* **NO REGULAR DRY BREAD due to high choking risk!**



See <https://www.youtube.com/channel/UC0I9FDiwJR0L5svIGCvlgHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich