



AGED CARE

ARE YOU READY FOR IDDSI?

IDDSI (International Dysphagia Diet Standardisation Initiative) is a standardised set of guidelines for naming and describing texture modified foods and thickened liquids that has been accepted globally and will be introduced in Australia on 1 May 2019. It will replace the current Australian guidelines.

More detailed information can be found at <https://iddsi.org/>. The website includes resources, newsletters, posters, videos and practical information about transitioning to IDDSI. There is also an app that can be downloaded from the Google Store (for Android devices) or the App Store (for Apple devices).

Summary of standard food textures

The name, number and colour are all used when describing the texture.

Regular Foods – Level 7 (Black) RG7:

- Includes all foods
- No change to the current guidelines for a Regular Diet

Easy to Chew Foods – Level 7 (Black) EC7:

- Normal everyday foods of soft/ tender textures only.
- Requires biting and chewing ability

Transitional Foods:

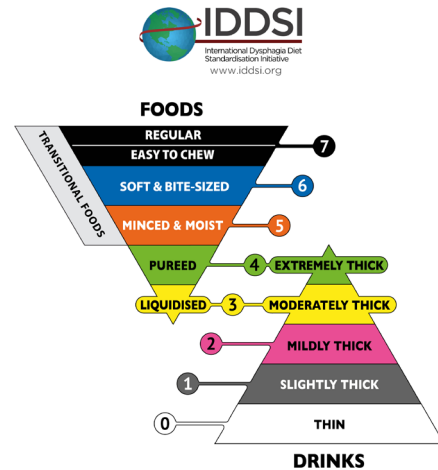
- These are foods that are one texture on the plate but become another texture in the mouth e.g. certain crisps.
- Should only be provided on recommendation of the Speech Pathologist.

Soft and Bite Sized Foods – Level 6 (Blue) SB6:

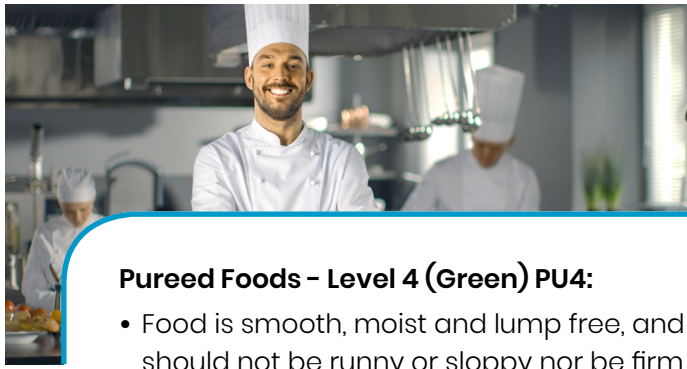
- Food is soft, tender and moist throughout, with no separate thin liquid. It can be easily broken up with a fork.
- **Must** be cut-up into bite-sized pieces no greater than 1.5cm x 1.5cm for adults (or 8 mm for children).
- In the change to IDDSI, the residents who are currently on a soft diet may need to be assessed by a speech pathologist re suitability for either an Easy Chew Diet or a Soft and Bite Sized Diet.

Minced and Moist Foods – Level 5 (Orange) MM5:

- Food is soft, moist and easily mashed with a fork.
- Lumps are no larger than 4mm** (the space between the prongs of a fork) and are smooth and rounded.



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Pureed Foods – Level 4 (Green) PU4:

- Food is smooth, moist and lump free, and should hold together and hold its shape on a spoon. It should not be runny or sloppy nor be firm or sticky.
- It should be able to be piped, layered or molded.

Liquidised Foods Level 3 (Yellow) LQ3:

- New IDDSI Texture.
- Mainly used in paediatrics or if a resident cannot tolerate the thicker pureed diet.
- Can be taken from a cup or from a spoon; effort is needed to suck through a straw.
- Smooth runny consistency with no lumps e.g. soups, juices, milk drinks, runny custard, ice-cream, smooth yoghurt and runny pureed fruit.

Thickened fluids

There are now 4 levels of thickness. The companies that produce thickeners will provide the appropriate recipes to comply with the new standards.

- **Thin Fluids – Level 0 (White) TN0** include all fluids and water.
- **Slightly Thick Fluids – Level 1 (Grey) ST1** are likely to be primarily used in the paediatric patients.
- **Mildly Thick Fluids – Level 2 (Pink) MT2** are very similar to the current standard.
- **Moderately Thick Fluids – Level 3 (Yellow) MO3** have been equated to Liquidised Foods (LQ3) as they have the same characteristics and so use the same testing methods (see below).
- **Extremely Thick Fluids – Level 4 (Green) EX4** have been equated to Pureed Food (PU4) as they have the same characteristics and so use the same testing methods (see below).

Testing methods

The IDDSI website <https://iddsi.org/> provides details on each category of food and fluid and outlines various testing methods to ensure that the correct texture or thickness is provided.

Documentation

Every organisation will need to ensure that all documentation is changed to the new standards, including:

- | | | |
|---------------------------|------------------------|---------------------------|
| • Policies and Procedures | • Clinical Assessments | • Meal Order Forms |
| • Software Programs | • Dietary Preferences | • Food Service Procedures |

Training

- Food Service staff need to understand the new terminology and which foods are included in which category.
- Care staff and RNs need to follow new recipes for preparing thickened fluids.
- Contact your Speech Pathologist and Dietitian for advice and information.

Food service

- The menu and recipes may need to be reviewed.

Speech pathologist

Some individuals may not be able to easily transition from the old to the new standards. A Speech Pathologist assessment may be needed.