



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Assisted Living Dietary Information

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International Dysphagia Diet Standardisation Initiative

IDDSI



Resources

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Why IDDSI?

- The IDDSI Framework provides a **common terminology** to describe food textures and drink thickness to **improve safety for individuals with swallowing difficulties**
- IDDSI is the only professionally recognized standard of practice for texture modified diets since 2021
- The Academy of Nutrition and Dietetics Nutrition Care Manual only recognizes IDDSI for texture modified diets



IDDSI Resources

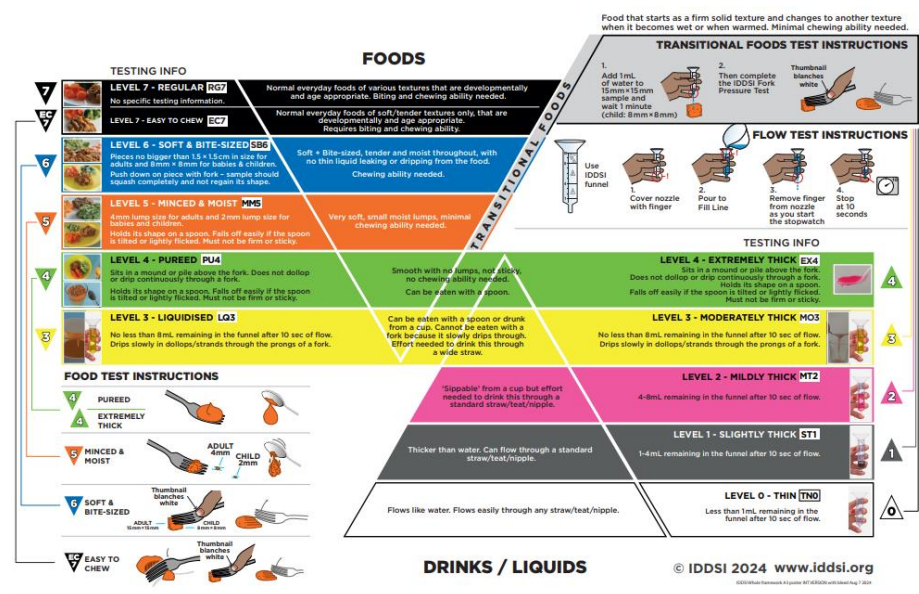
- **IDDSI Resources**
 - iddsi.org/resources
- **IDDSI USA**
 - iddsi.org/around-the-world/united-states
- **Food Distributors**



IDDSI Resources

- Product Catalogue
- Framework Documents
- Audit Tools
- Implementation Guides
- Posters
- Webinars/Videos

* multiple languages available *



[Iddsi.org/resources](https://iddsi.org/resources)



FOODS

TESTING INFO

7		LEVEL 7 - REGULAR RG7 No specific testing information.	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
EC 7		LEVEL 7 - EASY TO CHEW EC7	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
6		LEVEL 6 - SOFT & BITE-SIZED SB6 Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8 mm x 8 mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.	Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.
5		LEVEL 5 - MINCED & MOIST MM5 4 mm lump size for adults and 2 mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Very soft, small moist lumps, minimal chewing ability needed.
4		LEVEL 4 - PUREED PU4 Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.
3		LEVEL 3 - LIQUIDISED LQ3 No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.	Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

FOOD TEST INSTRUCTIONS

4	PUREED	
4	EXTREMELY THICK	
5	MINCED & MOIST	
6	SOFT & BITE-SIZED	

TRANSITIONAL FOODS TEST INSTRUCTIONS

1. Add 1 mL of water to 15 mm x 15 mm sample and wait 1 minute (child: 8 mm x 8 mm)
 2. Then complete the IDDSI Fork Pressure Test
- Thumbnail blanches white
-

FLOW TEST INSTRUCTIONS

- Use IDDSI funnel
1. Cover nozzle with finger
 2. Pour to Fill Line
 3. Remove finger from nozzle as you start the stopwatch
 4. Stop at 10 seconds
-

TESTING INFO

4	LEVEL 4 - EXTREMELY THICK EX4 Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	
3	LEVEL 3 - MODERATELY THICK MO3 No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.	
2	LEVEL 2 - MILDLY THICK MT2 4-8 mL remaining in the funnel after 10 sec of flow.	
1	LEVEL 1 - SLIGHTLY THICK ST1 1-4 mL remaining in the funnel after 10 sec of flow.	
0	LEVEL 0 - THIN TN0 Less than 1 mL remaining in the funnel after 10 sec of flow.	

'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

Thicker than water. Can flow through a standard straw/teat/nipple.

Flows like water. Flows easily through any straw/teat/nipple.

IDDSI USA

- Training Videos
- FAQ
- Implementation Process
- Prepare for Surveys
- Contact Us

United States IDDSI Reference Group

Introduction & Resource Files

The official launch of IDDSI in the United States of America began May 2019. The United States IDDSI Reference Group (USIRG) was created in 2020 to facilitate IDDSI implementation around the nation. The IDDSI stages of implementation are: Aware, Prepare, and Adopt.

This webpage is a living document. Check back regularly to see the updates.

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Note: The USIRG contents linked here are primarily for healthcare professionals and related departments. Individuals with dysphagia or their caregivers should not use this information as a substitute for consultation with their appropriate healthcare professionals. Consult directly with your physician and speech-language pathologist before beginning any dysphagia treatment, therapeutic technique, or diet texture or drink modifications.

[Iddsi.org/around-the-world/united-states](https://iddsi.org/around-the-world/united-states)



IDDSI Implementation

- Our goal is to help break down barriers so we can help our providers follow IDDSI which ultimately helps promote safety and consistency for our residents
- Think about this question:
 - What barriers are there to why IDDSI is not fully implemented at your facility?



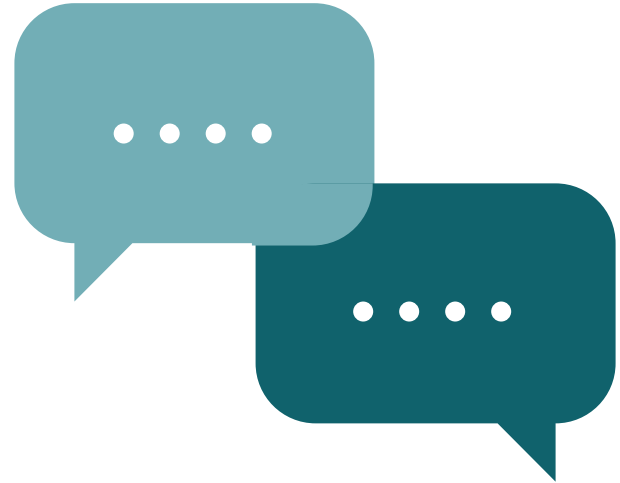


Questions and Answers



Contact Us

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Thank you!

Protecting and promoting the
health and safety of the people
of Wisconsin



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of **HEALTH SERVICES**