

IDDSI – New Modified Diets

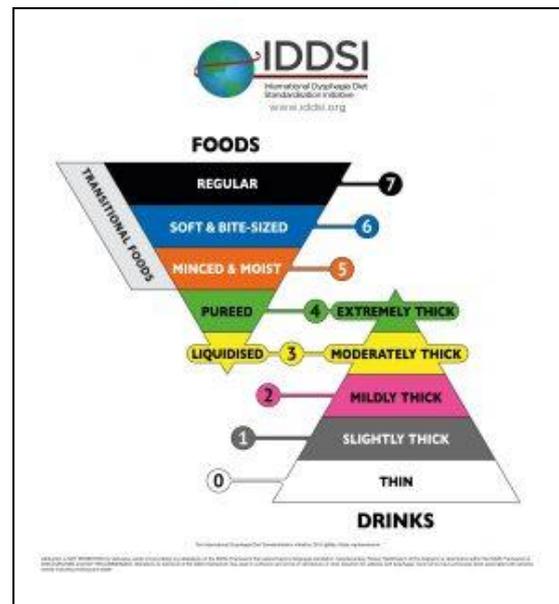
The UK is adopting the International Dysphagia Diet Standardisation Initiative (IDDSI) framework for foods and drinks. This means moving from previous fluid stages and diet textures to IDDSI levels.

HEY introduced the IDDSI drink levels in May 2018 and the food levels in September 2018.

For more detailed information please see the following links:

www.iddsi.org

<http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>



Previous Food Descriptors:

UK National Descriptors (+ HEY 'Soft')	
Texture B	Thin puree
Texture C	Thick puree
Texture D	Pre mashed
Texture E	Fork mashable
-	Soft
Normal	Normal



New Food Descriptors:

IDDSI Framework	
Level 3	Liquidised
Level 4	Pureed
Level 5	Minced & Moist
Level 6	Soft & Bite-Sized
awaiting IDDSI decision	Easy Chew (HEY menu)
Level 7	Regular

*** IDDSI Level 6 Soft & Bite-Sized is NOT THE SAME as Texture E Fork mashable.**

The maximum piece size in level 6 is 1.5cm x 1.5cm to reduce the risk of choking on food.

Patients requiring the previously provided 'Soft' options should now be directed to Easy Chew (EC) on the regular menu.

If in doubt, please refer to the Speech & Language Therapy (SLT) recommendations in the medical notes or on Cambio or seek advice from the SLT Department on:

- HRI – 604331
- CHH – 3155
- SLTs bleeps via switchboard