



# IDDSI Implementation in Long-Term Care Setting



**Iowa Veterans Home**  
Highest Quality of Care  
Exceptional Quality of Life

PRESENTED BY ANDREA MAHER RD, LD  
REGISTERED DIETITIAN & FOOD SERVICE DIRECTOR



# Agenda



1. Share educational handouts and competencies used at IVH to implement IDDSI Liquid Levels
2. Participants will be able to describe IDDSI Liquid Level and Food Level testing criteria
3. Participants will understand the importance of utilizing IDDSI Audit Tools
4. Share educational resources that IVH is using to prepare for IDDSI Food Level implementation

# IVH Team



- Home to 500+ residents
  - Veterans and spouses
  - Provide 1500-1700 meals a day
  - 21 satellite dining rooms
  - Cafeteria currently closed
- Food & Nutrition Services
  - Director
  - 2 Asst. Food Service Directors
  - 7 Clinical Dietitians
  - 1 SLP
  - 11 Cooks/1 Baker
  - 2 Diet Techs
  - 58 FT FSW/20 PT FSW



# Implementation Approach



## The Approach: Aware, Prepare, Adopt



- What is IDDSI?
- Why are the diet standards changing?
- What is the difference between NDD and IDDSI?

- Form IDDSI implementation team
- IDDSI education and training for staff
- Review your recipes and products

- Update EMR and Menu Planning software
- Inform and educate residents
- Develop continuous monitoring tools

The International Dysphagia Diet Standardisation Initiative 2016 @<https://iddsi.org/framework/>

**GREAT FOOD. MADE EASY.™**

# IDDSI FRAMEWORK

- International terminology and definitions for modified texture foods and thickened liquids
- 8 Levels (0 through 7)
- Color-coded
- Includes descriptors and testing methods for solids/fluids



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# IVH Plan for IDDSI Implementation

- Liquid Consistencies

- Include all levels except Level 1 Slightly Thick
- Identify Level 1 Slightly Thick liquids
  - E.g., “natural nectars”

- Diet Textures

- Include all levels except Level 5 Minced & Moist (as standalone diet)
- Level 5 Minced & Moist will replace “ground meat”
- Combine levels as tolerated by resident
  - E.g., Regular; MM5 Meat (regular with ground meat)



# Mapping IDDSI Liquid Consistencies

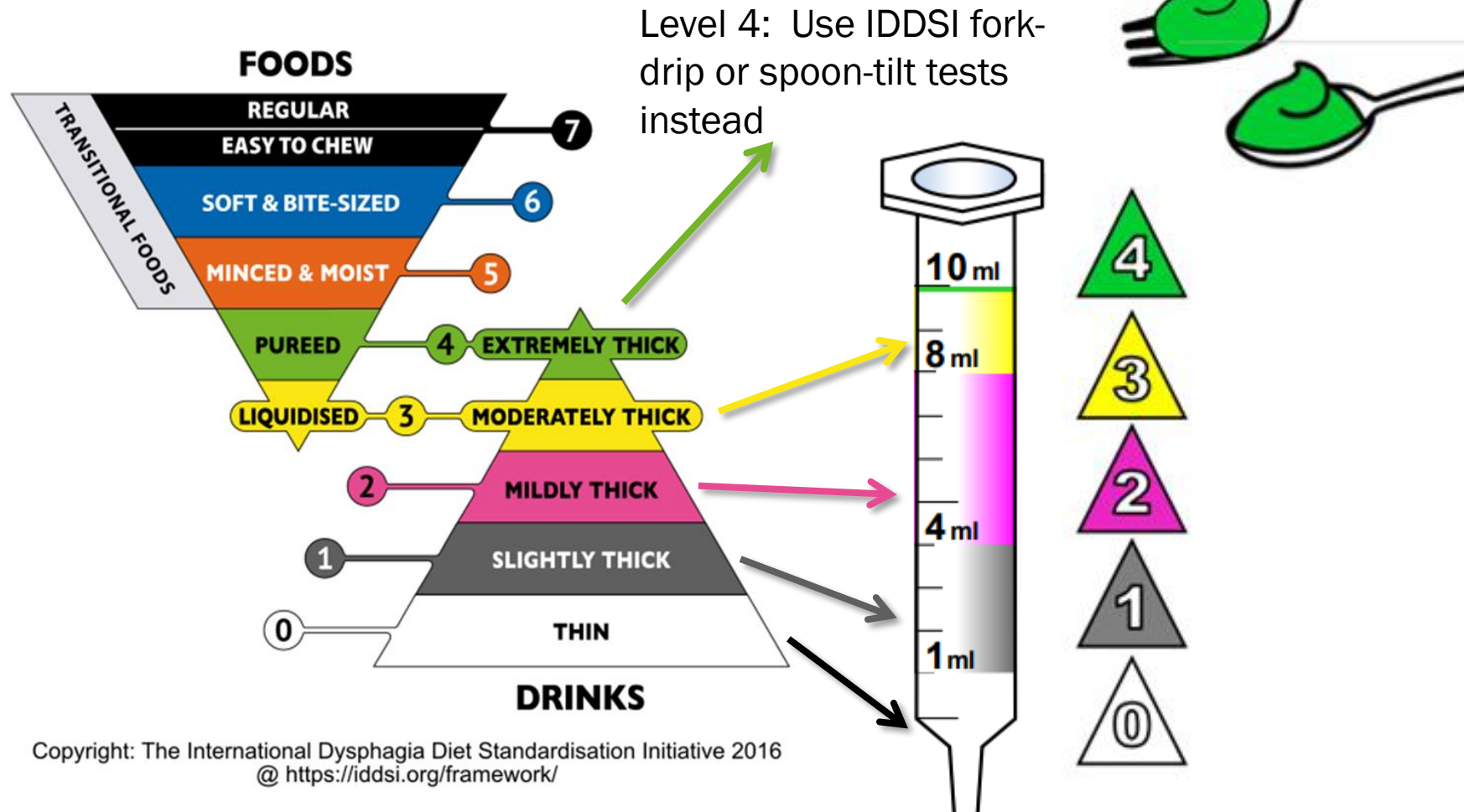


<u>Previous Name</u>	<u>IDDSI Name &amp; Abbreviation</u>	
Thin	Level 0 Thin	TN0
Natural Nectars	Level 1 Slightly Thick	ST1
Nectar-thick	Level 2 Mildly Thick	MT2
Honey-thick	Level 3 Moderately Thick	MO3
Pudding-thick	Level 4 Extremely Thick	EX4

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# IDDSI Flow Test







# IDDSI Flow Test Method

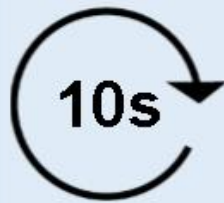
**STEP 1:** Remove plunger and place finger over syringe tip



**STEP 2:** Fill syringe to 10 mL mark



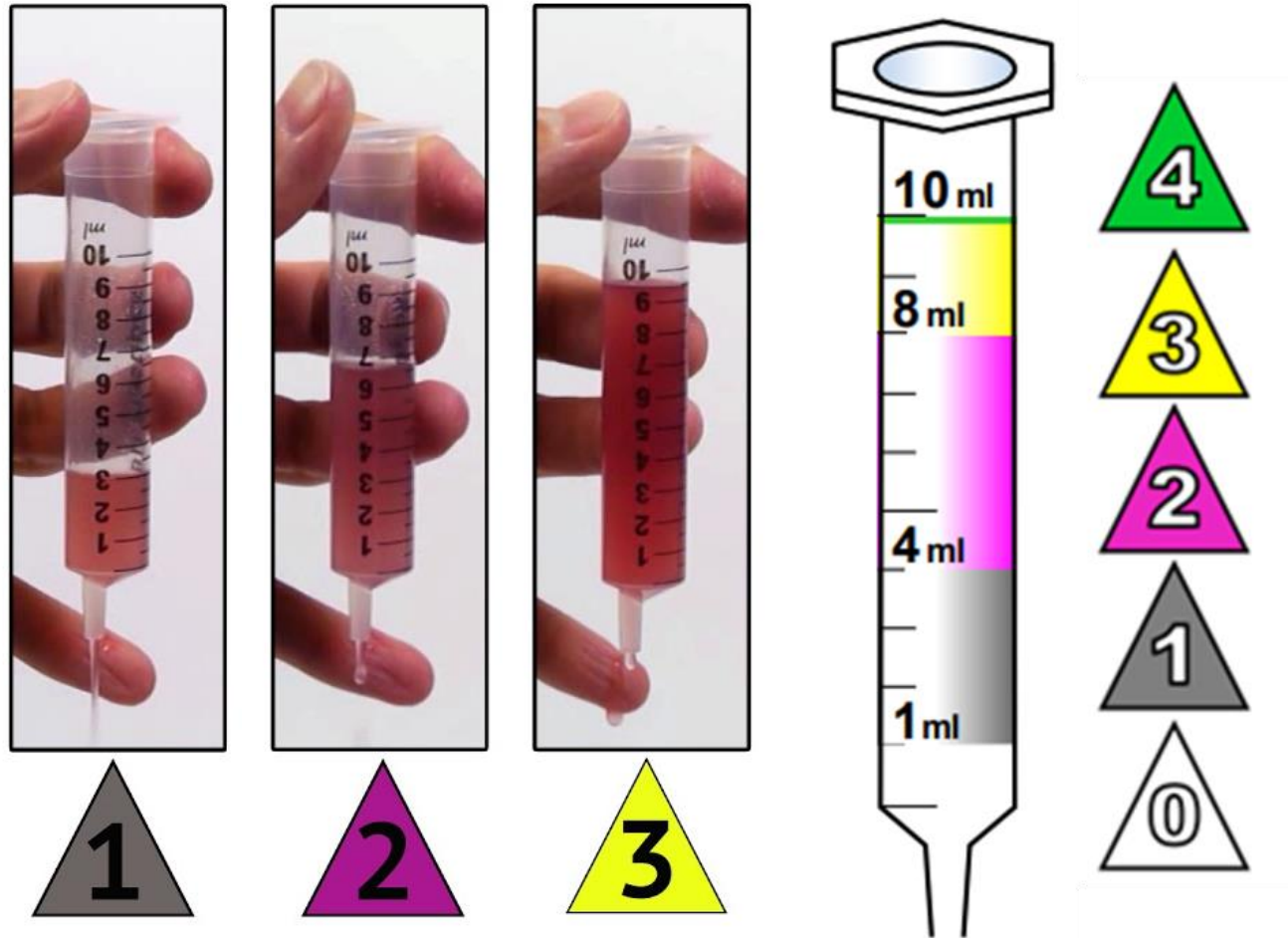
**STEP 3:** Simultaneously remove finger and start timer for 10 seconds



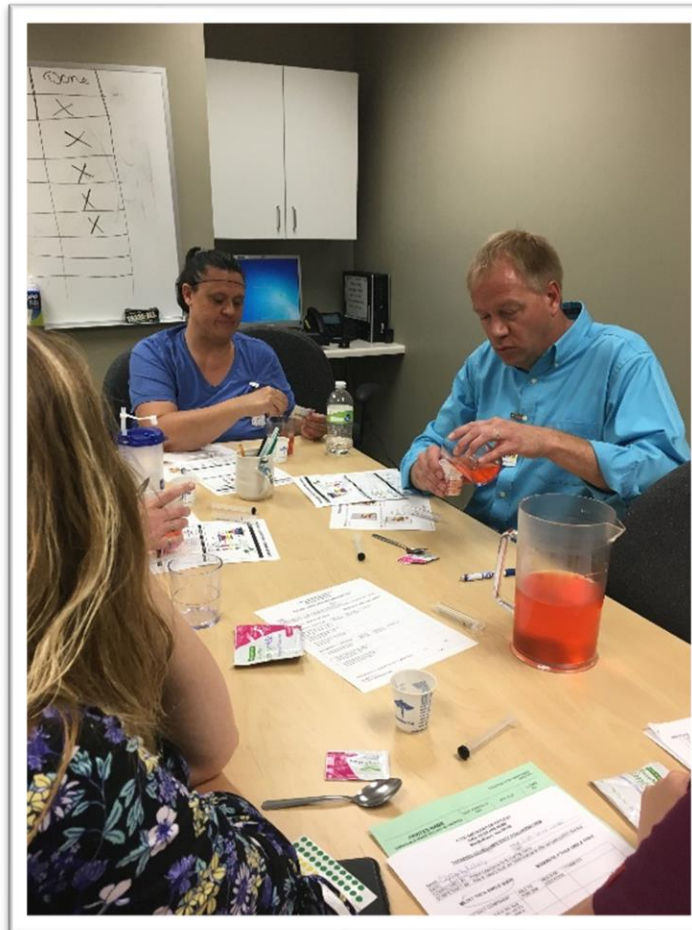
**STEP 4:** After 10 seconds have elapsed, stop flow by placing finger over syringe tip



# Flow Test and Classification



# Thickening & Flow Test Competency for Food Service Employees







# Thickening & Flow Test Competency

- Training includes thickening and flow test competency
- Receive yellow dot after completing competency

**FLOW TEST TRAINER GUIDELINES**

**PURPOSE:** To become proficient in classifying liquids based on their thickness per IDDSI standards using the IDDSI flow test.

**OBJECTIVES**

1. Correctly fills syringe
2. Correctly stops flow
3. Correctly classifies moderately thick

**MA**

- ✓ IDDSI FRAMEWORK P
- ✓ 10 mL IDDSI Syringe
- ✓ Timer/stopwatch
- ✓ Flow test recording sh
- ✓ Pens
- ✓ Thermometer
- ✓ Variety of liquids to te
- ✓ Gloves (optional)
- ✓ Flow Test Handout (o

**TRAINING TALKING POINTS**

Introduction to IDDSI

- International Dysphagia thickness per the ID
- IDDSI flow test is us

Review IDDSI framework (I

- Level 0 THIN less t
- Level 1 SLIGHTLY T
- Level 2 MILDLY TH
- Level 3 MODERATE

Describe competency com

**Review flow test method**

1. Select appropriate
2. Take and record th
3. While holding the s
4. Fill the syringe with
5. Simultaneously ret
6. After 10 seconds h
7. Record the amount
8. Repeat test for a to

**Interpreting results of flow**

- Find the average a
- Classify the liquid t

**EVALUATION/COMPETEN**

Participants will test liquid

Simplified Diet Manual © 201

**FOOD AND NUTRITION SERVICES**  
**IOWA VETERANS HOME**  
Marshalltown, Iowa 50158

**THICKENED LIQUID COMPETENCY EVALUATION FORM**

NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_  
DATE: \_\_\_\_\_ UNIT: \_\_\_\_\_

COMPETENCY #1: Proper consistency for thickening liquids  
COMPETENCY #2: Able to classify liquid per IDDSI standards after completing IDDSI flow test

MILDLY THICK SINGLE SERVE		MODERATELY THICK SINGLE SERVE	
#1 COMPETENCY COMPONENT	ABLE TO PERFORM	NEEDS RE-EDUCATION	COMMENTS
1. Correctly measures 4 oz. thin liquid (e.g., water, pop, juice, etc.) with 2.5 oz. med cup for individual packet of Simply Thick			
2. Correctly uses appropriate thickener (mildly thick or moderately thick) packet for diet order			
3. Mixes the product by vigorously and continuously stirring for 30 seconds before serving			

#2 COMPETENCY COMPONENT	ABLE TO PERFORM	NEEDS RE-EDUCATION	COMMENTS
1. Correctly measures 10 mL of thickened liquid into syringe			
2. Releases finger from syringe; after 10 seconds have elapsed, places finger over syringe tip to stop flow			
3. Correctly categorizes liquid based on the amount of liquid remaining in the syringe after 10 seconds of flow			

SUCCESSFULLY DEMONSTRATED COMPETENCY: YES NO

COMPETENCY  
VALIDATOR SIGNATURE: \_\_\_\_\_ TITLE: \_\_\_\_\_

# FLOW TEST RECORD SHEET



ITEM/METHOD	TEMP	FLOW TEST (mL remaining after 10 sec of flow)				IDDSI LEVEL
		TRIAL 1	TRIAL 2	TRIAL 3	AVERAGE	
PRUNE JUICE 4oz +1 PUMP	47°	1.4				1
"	47°	6.0				2
"	47°	6.8				2
2% MILK 4oz +1 PUMP	43°	2.0				1
<del>2% MILK</del>	43°	6.0				2
CHOC MILK 8oz +1 PUMP	44°	4.0				~
"	44°	6.8				2
Grape Juice 8oz	Room Temp	2.6				1
"		4.8				2
"		6.0				2

# Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times
- Yellow dot = liquids/thickening

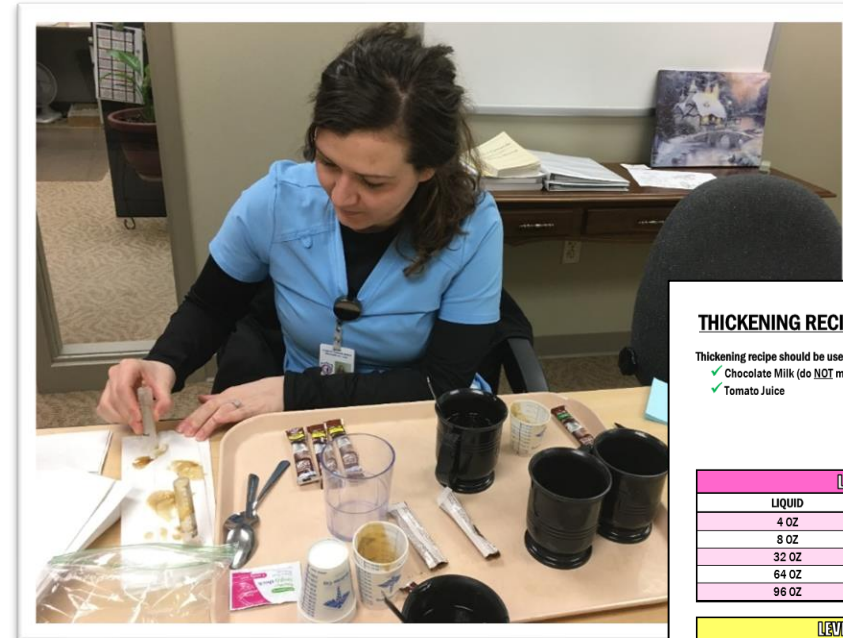






# Liquid Consistency Testing

- Test the liquids offered in your facility with the IDDSI Flow Test:
  - Naturally nectar-like liquids
  - Dairy products
  - Supplements
- Create thickener recipes for slightly thick liquids
- Provide direction to all staff on how to properly thicken liquids



## THICKENING RECIPES FOR SLIGHTLY THICK LIQUIDS

Thickening recipe should be used when thickening the following liquids:  
✓ Chocolate Milk (do NOT mix white milk with chocolate milk)  
✓ Tomato Juice



### LEVEL 2 MILDLY THICK

LIQUID	THICKENER (SIMPLYTHICK)
4 OZ	N/A MUST THICKEN AT LEAST 8 OZ
8 OZ	1 PUMP
32 OZ	4 PUMPS
64 OZ	1 PINK BULK PACKET
96 OZ	1 PINK BULK PACKET + 4 PUMPS

### LEVEL 3 MODERATELY THICK

LIQUID	THICKENER (SIMPLYTHICK)
4 OZ	1 PUMP
8 OZ	2 PUMPS
32 OZ	1 PINK BULK PACKET
64 OZ	1 YELLOW BULK PACKET
96 OZ	1 YELLOW BULK PACKET + 1 PINK BULK PACKET

1 pump = x1 individual pink packet  
2 pumps = x1 individual yellow packet or x2 individual pink packets



# Supplements on Thickened Liquids

## THICKENER RECIPES FOR SUPPLEMENTS

When placing an order for a supplement for residents on thickened liquids, the appropriate thickener/mixing instructions need to be included in the CPOE order in the extended sig. Use the table below to standardize directives with thickened supplements. For additional supplements not included in this table, contact dietary for the appropriate recipe.

Notice, for Ensure Plus (any flavor), staff must vigorously and continuously stir for 60 seconds to adequately incorporate the thickener and ensure the product reaches the desired consistency. Please include this directive in the CPOE order as it differs from the standard 30 second stir.

SUPPLEMENT	FLAVOR	AMT	MIXING INSTRUCTIONS	
			LEVEL 2 MILDLY THICK	LEVEL 3 MODERATELY THICK
ENSURE CLEAR	Any Flavor	8oz	Does not thicken, not appropriate for residents on thickened liquids	Does not thicken, not appropriate for residents on thickened liquids
ENSURE PLUS	Vanilla Butter Pecan Milk Chocolate Strawberry	8oz	For one 8oz carton of ensure plus (any flavor), add x1 pink thickener packet. STIR FOR 60 SECS	For one 8oz carton of ensure plus (any flavor), add x1 yellow thickener packet. STIR FOR 60 SECS
GLUCERNA	Classic Butter Pecan Rich Chocolate Creamy Strawberry	8oz	For one 8oz carton of Glucerna (any flavor), add x2 pink thickener packets	For one 8oz carton of Glucerna (any flavor), add x1 pink and x1 yellow thickener packets
MED PASS 2.0	Vanilla	2oz	Mildly thick liquid, serve as is	Must serve either 4 or 8oz, see recipe for med pass 2.0 vanilla 4oz or 8oz
		4oz	Mildly thick liquid, serve as is	For 4oz vanilla med pass 2.0, add x1 pink thickener packet
		8oz	Mildly thick liquid, serve as is	For 8oz vanilla med pass 2.0, add x1 yellow thickener packet
MIGHTY SHAKE	Vanilla	4oz	Mildly thick liquid, must be served chilled	For one 4oz carton of vanilla mighty shake, add x1 pink thickener packet
	Chocolate Strawberry	4oz	Must serve 8oz, see recipe for mighty shake chocolate/strawberry 8oz	For one 4oz carton of chocolate/strawberry mighty shake, add x1 pink thickener packet
	Vanilla	8oz	For 8oz of vanilla mighty shake, add x1 pink thickener packet	For 8oz of vanilla mighty shake, add x1 yellow thickener packet
	Chocolate Strawberry	8oz	For 8oz of mighty shake (chocolate/strawberry), add x1 pink thickener packet	For 8oz of mighty shake (chocolate/strawberry), add x1 yellow thickener packet
NEPRO	Homemade Vanilla	8oz	For one 8oz carton of homemade vanilla nepro, add x1 pink thickener packet	For one 8oz carton of homemade vanilla nepro, add x1 yellow thickener packet



Approved by Andrea Maher, RD, LD, FSD  
Joanna Baranska, M.A., CCC-SLP  
UPDATED 02-2020

- Some supplements previously allowed in natural state on thickened liquids will now need to be thickened
  - E.g., Ensure Plus
- Provide thickening recipes, include in diet orders/med directives
  - E.g., “For one 8oz carton of ensure plus (any flavor), add x1 yellow thickener packet. STIR FOR 60 SECS”

# Supplement Orders Requiring Thickener



DIET (2)

**LEVEL 3 MODERATELY THICK LIQUIDS**

**PUREE**

SUPP (1)

**ENSURE PLUS**

8 oz by mouth 3 times a day (10:00, 14:00, 19:00) give after resident consumes meal. add 1 yellow thickener packet per 8 oz ensure plus and stir for 60 seconds. prefers chocolate flavor.



**Med Directives:** Level 3 Moderately Thick fluids, Pureed diet. Provide 8oz cold water (thickened with 2 yellow packers) per shift



# IDDSI Education for Non-Food Service Staff



- Thickening Competency

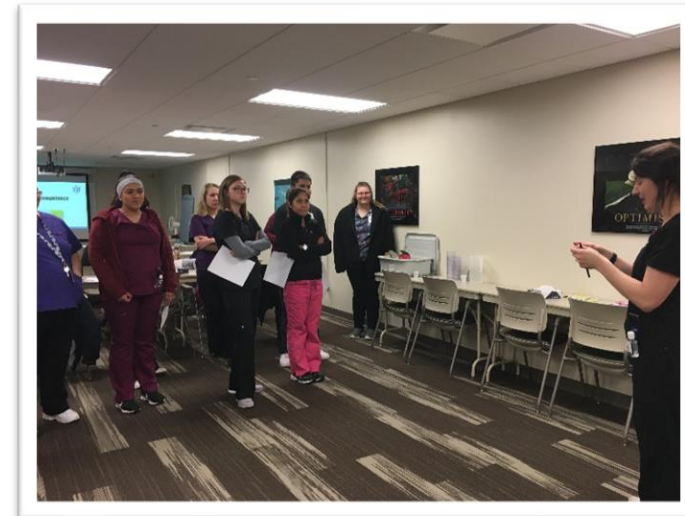
- Nursing & Nurse Supervisors
- Paid Nutritional Assistants
- Recreation Therapy

- Delegated training/thickening competency to Nurse Supervisors

- Completed “trainer” course

- New Employee Orientation

- Thickening competency for all new nursing, food & nutrition services, & recreational therapists/assistants





# Reception & Next Steps for IVH

- Nursing involvement with IDDSI Liquid Levels
  - Provided adequate education to minimize confusion
  - IDDSI Liquid levels & abbreviations posted on units
- Food Levels
  - Additional education
  - New EMR & Menu Planning software

**IDDSI Liquid Levels 0-4**

**\*\*IVH IDDSI Liquid Implementation Date: 02-16-2020\*\***

**What is IDDSI?**

- International terminology & definitions for modified texture foods and thickened liquids
- 8 levels total (level 0 through level 4 for liquids)
- Color-coded
- Includes descriptors and testing methods for solids/fluids

**THIN** (checkmark)  
**MILDLY THICK**  
**MODERATELY THICK**  
**EXTREMELY THICK**

Current Name	New IDDSI Name & Abbreviation
Thin Liquids	Level 0 Thin (TNO)
Nectar-thick Liquids	Level 2 Mildly Thick (MT2)
Honey-thick Liquids	Level 3 Moderately Thick (MO3)
Pudding-thick Liquids	Level 4 Extremely Thick (EX4)

**Level 0 Thin**  
All liquids, water, juices, milk, pop, coffee, tea, most supplements, etc.

**Level 2 Mildly Thick**  
Pink thickener packets  
Med Pass 2.0

**Level 3 Moderately Thick**  
Yellow thickener packets

**Level 4 Extremely Thick**  
Must use pump thickener  
Pudding-like consistency, same as puree


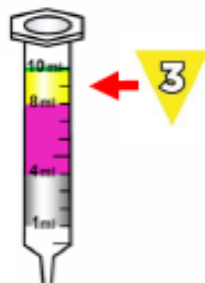


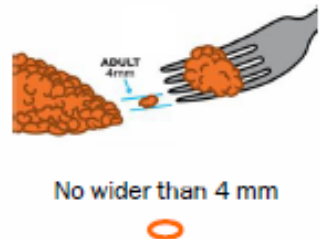







# Mapping to IDDSI Diet Textures

Previous Name	IDDSI Name & Abbreviation	
Regular	Level 7 Regular	RG7
	Level 7 Easy to Chew	EC7
Dysphagia Advanced	Level 6 Soft & Bite-Sized	SB6
Dysphagia Mechanical Altered	Level 5 Minced & Moist	MM5
Pureed	Level 4 Pureed	PU4
Liquidized	Level 3 Liquidised	LQ3



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<div>3</div> <div>LEVEL 3</div> <div>LIQUIDISED</div>	<div>4</div> <div>LEVEL 4</div> <div>PUREED</div>	<div>5</div> <div>LEVEL 5</div> <div>MINCED &amp; MOIST</div>	<div>6</div> <div>LEVEL 6</div> <div>SOFT &amp; BITE-SIZED</div>	<div>7</div> <div>LEVEL 7</div> <div>EASY TO CHEW</div>
<p><b>1. FORK DRIP TEST:</b> drips slowly in dollops through fork prongs</p>  <p><b>2. FLOW TEST:</b> no less than 8 mL remaining in syringe after 10 seconds of flow</p> 	<p><b>1. FORK DRIP TEST:</b> sits in a mound/pile above fork</p>  <p><b>2. SPOON TILT TEST:</b> holds its shape on spoon and falls off fairly easily if the spoon is tilted or lightly flicked</p> 	<p><b>1. FORK TEST:</b> particle size is 4 mm, gap between fork prongs of a standard dinner fork</p>  <p><b>2. SPOON TILT TEST:</b> holds its shape on spoon and falls off fairly easily if the spoon is tilted or lightly flicked</p> 	<p><b>1. FORK PRESSURE TEST:</b> press down on fork until thumbnail blanches white, lift fork to see that food is completely squashed and does not regain its shape</p>  <p><b>2. Pieces no bigger than 1.5 cm x 1.5 cm</b></p> 	<p><b>1. BREAK APART TEST:</b> must be able to break food apart easily with the side of a fork or spoon</p>  <p><b>2. FORK PRESSURE TEST:</b> press down on fork until thumbnail blanches white, lift fork to see that food is completely squashed and does not regain its shape</p> 



Handout  
Available





# Level 4 Pureed Training & Education

- Perfecting volume technique & pureed consistencies
  - Fork Drip Test
  - Spoon Tilt Test
- Pureed molds
- Pureed bread
- Receive Green Dot after completing competency



Level 4 Pureed (PHU) Food Competency

Blend until texture is smooth. No chewing required.

Gather everything you need to puree. Wash hands before you begin.

1. Review menu for the food items that need to be pureed.
2. Correct number of portions added to Robot Coupe plus 1-3 extra.
3. Bread and butter if planned on the main menu added 1/2 with main entrée and 1/2 with vegetable.
4. Broth, sauce, gravy, milk, juice, etc. added. NO WATER
5. Blend mixture to a pudding consistency (not runny), slices are scraped down, utensil placed on plate or barrier.
6. Pureed food is scraped from the Robot Coupe into a clear measuring cup to determine the total volume.
7. The total volume of pureed food is divided by the number of servings added to the Robot Coupe originally.
8. Chart used to determine the proper scoop size for each serving.
9. Place puree food into pan and cover with foil writing the scoop size on the foil.
10. Hot pureed food must be re-heated to 165°F before putting in the clean bowl. (If not maintained >133°F)
11. Cold food must be chilled to below 41°F before serving.

After meal service there should be the extra servings of pureed food left.

Serv: \_\_\_\_\_ Number of servings placed in Robot Coupe \_\_\_\_\_

Left: \_\_\_\_\_ Number of servings left at end of meal service \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

# Puree Shapes





# Fork Drip Test for Level 4 Pureed



- Use to assess whether the food can flow through the tines/prongs of a fork
- Food should sit in a mound or pile above the fork
- A small amount may flow through and form a short tail below the fork

*Should not dallop, flow or drip continuously through the fork prongs*



# Spoon Tilt Test for Level 4 Pureed



- Used to determine the stickiness of the food sample (adhesiveness)
- Use wrist action to see if the puree can easily dislodge from the spoon when gently flicked from the spoon
- Only minimal amounts of pureed food should be left on the spoon

*Tip: Hold your elbow to ensure you are only using wrist action*





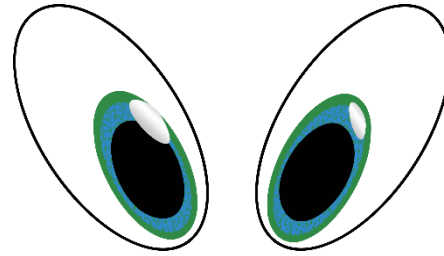
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- Only minimal amounts of pureed food should be left on the spoon

*Tip: Hold your elbow to ensure you are only using wrist action*

# We eat with our



The challenge to making shaped, gelled or molded purees safe is three-fold:

- 1- Remember why pureed foods have been recommended
- 2- Make sure it is not too firm
- 3- Make sure it is not too sticky

# Fork Testing for Molded Purees



- Press fork into molded puree
- Little pressure should be needed to make the puree collapse and lose its shape
- No fork ridges should be left after fork is removed, otherwise it is not a puree



# Starchy Pureed Foods

- As starchy pureed foods cool (such as potatoes, pasta and rice), they become thicker
- Hot foods pureed with bread can become glutinous
  - Will require more liquid to thin down
  - Too much bread per serving could pose a greater risk of choking
- Routinely apply all appropriate IDDSI Testing Methods on the IDDSI Audit Sheets to test



# Pureed Food Does Not Meet Standard...

## What Now?



- Is there a way to fix or refresh the product at the time of service? (e.g. addition of moisture, stirring, reheating, etc.)
- Do the ingredients or ratio of ingredients or recipe need to be adjusted?
- Do the preparation, cooking/chilling, or holding methods/times have to be modified?

# 4 PUREED



## IDDSI Audit Tool

Product or food tested						
If heated, heating method(s)						
Temperature when tested at:	°C	time of service	°C	15 mins after serving	°C	30 mins after serving

## Instructions

- Level 4 Pureed critical tests include **Appearance + Fork Drip Test + Spoon Tilt Test** OR if these are not available Finger Test. Chopstick test not appropriate.
- The food item must pass or meet criteria for any row marked \*

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork Drip Test (metal dinner fork needed)</b>			
* Food sits in a mound above the 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 <u>not</u> 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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. <u>not</u> 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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 but is <u>not</u> 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
<b>Preferred but not critical: Fork Pressure Test</b>			
Prongs of fork make clear pattern on surface OR food briefly retains dinner 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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>			
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:**
- \* 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 the sample is gelled or compressed so that it is firm enough to pick it up with your fingers and bite a piece of it at serving temperature, **the sample is not a puree and poses a choking risk.**
  - \* Please see also <http://iddsi.org/framework/food-testing-methods/>.

Version: AuditToolL4Pureed26Sep2020



4

# Pureed Audit Sheet

**4 PUREED AUDIT SHEET** Meal: lunch

Week: 2 Date: 7/29

Must taste test all pureed items to ensure product is not sticky and is free of lumps.

**\*\*AIRLINES\*\***

STIR EVERY \_\_\_\_\_ MINUTES to ensure no hard crusts form. Foods may spread or slump slowly on flat plate

Item Tested	Temp	Fork Drip Test	Spoon Tilt Test	Taste Test		Pass PU4
				Not Sticky	No lumps	
Pur BBQ Pork	164	✓	✓	✓	✓	✓
Pur Hamb / Bun	155	✓	✓	✓	✓	✓
Princed Veg	154	✓	✓	✓	✓	✓
Mashed Garlic Pot	172	✓	✓	✓	✓	✓

**4 PUREED AUDIT SHEET** Meal: Bk

Week: 2 Date: 7/31

Must taste test all pureed items to ensure product is not sticky and is free of lumps.

**\*\*AIRLINES\*\***

STIR EVERY \_\_\_\_\_ MINUTES to ensure no hard crusts form. Foods may spread or slump slowly on flat plate

Item Tested	Temp	Fork Drip Test	Spoon Tilt Test	Taste Test		Pass PU4
				Not Sticky	No lumps	
Pur French Toast	167	✓	✓	✓	✓	✓
Pur Potatoes <sup>Hashbrown</sup>	191	✓	✓	✓	✓	✓
Pur Oatmeal	192	✓	✓	✓	✓	✓
Pur Scrambled Egg	183	✓	✓	✓	✓	✓



4

# PUR Instructions on Production Sheet

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRODUCTION		Marinate Pork Roast		Chicken Salad Pull pureed bread mold trays from freezer	Pizza	Egg Salad Pull Croissants Pickled Beets Pull 38 lbs Ham Steaks	Pork Shaam Chicken Lemon Pepper Fish
PUREE	Add 1 slice bread/serv: Turkey Burger Spinach Zucchini	Add 1/2 bread slice/serv: Pork Steak Roast Beef Yellow Squash w/Red Pepper Steamed Cabbage	Add 1 slice bread/serv: Diced Carrots Capri Veg Blend	PUR Crx in Cabbage Stew  Use PUR BREAD MOLD (serve w/Chicken Caesar)	PUR Rice separate PUR Egg Roll separate PUR Chicken Salad SW  NO BREAD in Vegetables	PUR Breadstick separate  PUR 1 slice bread/serv: Hot Dog  NOTE: Serve breadstick w/ hot dog meal as well	PUR Cornbread separate PUR Egg Salad w/Croissant  NO BREAD IN Vegetables
*NOTE: The third option daily is hamburger on a bun. If you have a pureed count for this item, always puree one slice of bread for each hamburger patty							



# Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times
- Yellow dot = liquids/thickening
- Green dot = level 4 puree



# Level 5 Minced & Moist Meats Education & Training



- Grinder bits
- Adding moisture
  - Provided gravy/sauce list
- Fork Test
- Spoon Tilt Test

WEEK 4 (AM) Gravy/Sauce for Mech Soft Diet- Cooks		
SUN	Roast Beef/Grilled Onions	Brown Gravy
	Meatloaf	Brown Gravy
MON	Crispy Baked Chicken	Chicken Gravy
	Savory Pork Roast	Pork Gravy
TUES	Ham & Beans	---
	Chopped Steak	Brown Gravy
WED	Pot Roast	Brown Gravy
	Greek Chicken/Feta	Chicken Gravy
THUR S	Chicken Teriyaki	Teriyaki Sauce
	Chef's Choice	Gravy/Sauce as appropriate
FRI	Bratwurst/Bun	--- (Serve with ketchup)
	Tuna Melt	---
SAT	Cornflake Fish	--- (Serve with tartar sauce)
	Roast Turkey	Turkey Gravy
NOTE: Tues Breakfast- Add Country Gravy to ground sausage		
WEEK 4 (PM)		
SUN	Popcorn Shrimp	--- (Serve)
	Ham Salad Sandwich	---
MON	Beef Patty Melt	Cheese
	BBQ Pork Ribette	BBQ
TUES	Beef Hard Shell Taco	---
	Vegetable Frittata	---
WED	Deli SW/Croissant	Mayonnaise
	Beef Stroganoff	---
THUR S	Cheese Ravioli Casserole	---
	Turkey & Cheese SW	Mayonnaise
FRI	French Dip SW	Brown Gravy
	Grilled Cheese SW	---
SAT	Pork Fritter on Bun	Pork Gr
	Polish Sausage	---





## Level 5 Minced & Moist Meats



# Fork Test for Level 5 Minced & Moist



- Particle size is 4 mm
- Easily separates and comes through prongs of a dinner fork
- Food can be easily mashed with little pressure from a dinner fork



# Spoon Tilt Test- Level 5 Minced & Moist



- Hold shape on the spoon
- A full spoonful must slide (or fall) off the spoon if tilted or turned sideways or shaken lightly
- The sample should slide off easily with very little food left on the spoon; i.e. the sample should not be sticky
- A scooped mound may spread or slump very slightly on a plate



# Gravy/Sauce List for Ground Meats

WEEK 1 (AM) Gravy/Sauce for Mech Soft Diet- Cooks		
SUN	Herbed Turkey	Turkey Gravy
	Fried Pizza Burger	Marinara Sauce
MON	Pork Steak w/ Gravy	Pork Gravy
	Roast Beef w/ Onion	Beef Gravy
TUES	Sloppy Joe on a Bun	---
	Rotisserie Chicken	Chicken Gravy
WED	Sm. Beef Patty w/ Onions	Beef Gravy
	Turkey w/ Mushroom Sauce	Mushroom Sauce
THURS	Fried Chicken	Chicken Gravy
	Baked Ham	Pork Gravy
FRI	Baked Salmon	--- (Serve with Lemon Dill Sauce)
	Chicken Salad Sandwich	---
SAT	Swiss Steak	Swiss Steak Gravy
	Pork Patty	Pork Gravy

NOTE: **Tues Breakfast**- Add Country Gravy to ground sausage

## 5 MINCED AND MOIST

### IDDSI Audit Tool



Product or food tested						
If heated, heating method(s)						
Temperature when tested at:	°C	time of service	°C	15 mins after serving	°C	30 mins after serving

### Instructions

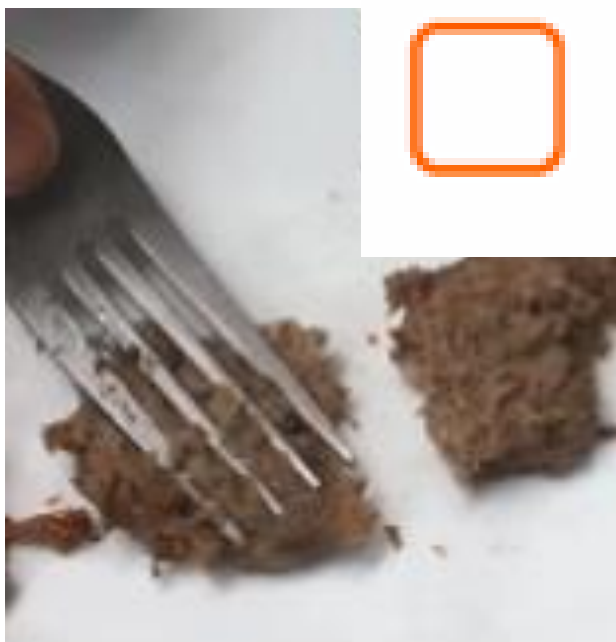
- Level 5 Minced & Moist critical tests include **Appearance + Fork Pressure Test + Spoon Tilt Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'chewed bolus' – must be equal to or less than 4mm width and no longer than 15mm in length (adults); equal to or less than 2mm width and no longer than 8mm length (pediatrics).
- The food item must pass or meet criteria for any row marked \*

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>			
* Lumps less than or equal to 4mm (adults); 2mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Critical: Fork Pressure Test (metal dinner fork needed)</b>			
* Food can be easily mashed with little pressure from a dinner fork (pressure should <u>not</u> make thumb nail blanch to white)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Easily separates and comes through prongs of a 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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 spoon 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* Small soft smooth rounded particles can be easily squashed 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 feels moist and will leave fingers wet	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Optional: Chopstick Test</b>			
Chopsticks can scoop or hold this texture if food is moist and cohesive	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>			
<b>Level 5 Minced and Moist?</b>	<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:**
- \* Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food).
  - \* Please see also <http://iddsi.org/framework/food-testing-methods/>.

# Fork Testing for Level 6 Soft & Bite Size

## Chopped Steak Fork Testing

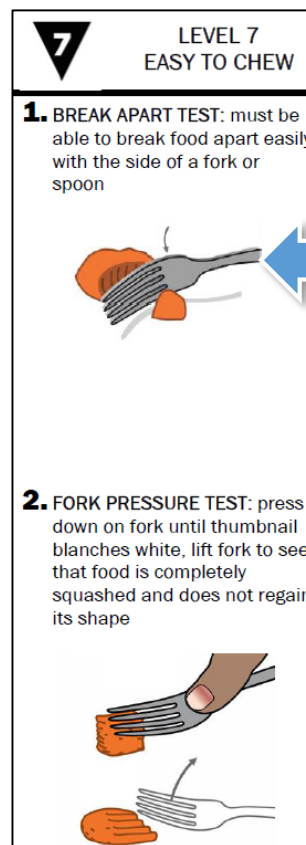
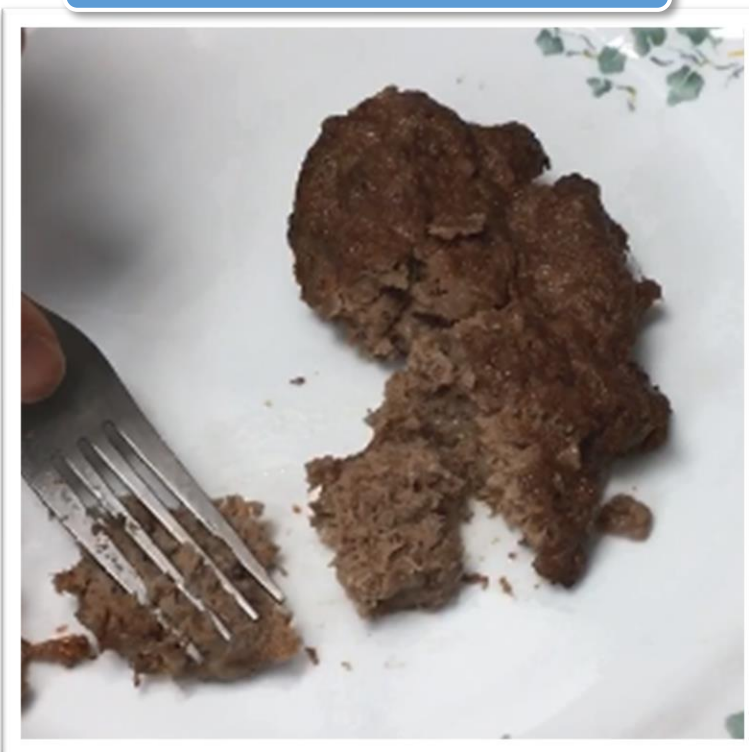


- Fork Pressure Test- pressure from fork held on its side must be able to 'cut' or break apart or flake the food item into smaller pieces
- When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork is removed.



# Fork Testing for Level 7 Easy to Chew

Chopped Steak Fork Testing



- Break Apart Test- must be able to break food apart easily with the side of a fork or spoon
- Push down on a 1.5cm x 1.5 cm sample with a dinner fork, with enough pressure that the thumb nail turns white
- Food should squash and not return to its original shape

# Dot Training System

- Easy visual to check who has been trained/is competent
  - FNS staff required to wear badge at all times
- Yellow dot = liquids/thickening
- Green dot = level 4 puree
- **Badge quick guides for levels 5 & 6**

Upcoming: Blue dot = level 6



# Review Spreadsheets, Recipes, & Products

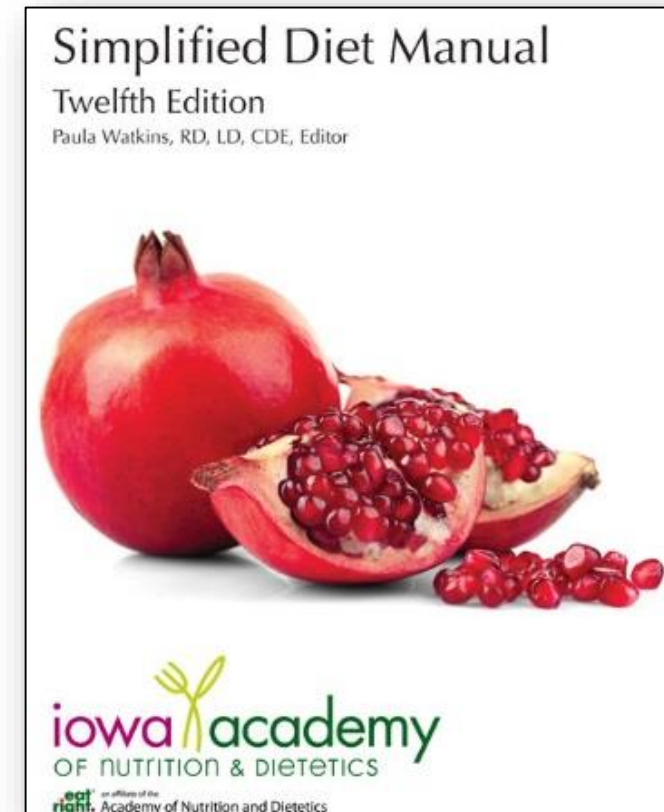


- IVH creates own spreadsheets
- Education provided to cooks on IDDSI framework & testing
  - Allowed to experiment with spreadsheets as educational tool
  - Created interest in IDDSI
  - Assessment tool for IDDSI understanding
- Liquid consistency testing
- Communication with Vendors
  - Pureed molds
  - Irregular cut meats
  - Frozen/fresh vs. canned
  - Pasta for casseroles
- Communication with Company Representatives
  - May provide additional education/product guides

# Resources: Simplified Diet Manual



- Simplified Diet Manual
  - Currently on 12<sup>th</sup> edition
  - 13<sup>th</sup> edition will have IDDSI included (anticipated publication date around May 2021)
  - IDDSI “Toolbox” online in the Supplementary Material
    - Handouts on allowed food textures
    - Testing Method in-services being developed with competencies
- iddsi.org
  - “Focus On Puree”, published Sept 29, 2020
  - Resources: Framework and Testing Methods





# IDDSI Flow Test and Additional IDDSI Materials



The screenshot shows the website of the Iowa Academy of Nutrition & Dietetics. The header includes social media icons, the academy's logo, and a 'Log In' button. A navigation bar lists various resources. The main content area is titled 'SUPPLEMENTARY MATERIAL DOWNLOADS'. A link for 'International Dysphagia Diet Standardisation Initiatives (IDDSI) Toolbox' is circled in orange. Below this, there are two sections: 'IDDSI Flow Test Materials' and 'Additional IDDSI Materials', each with a list of downloadable resources. To the right, there is a promotional image for the 'Simplified Diet Manual' and the Iowa Academy logo.

**SUPPLEMENTARY MATERIAL DOWNLOADS**

**International Dysphagia Diet Standardisation Initiatives (IDDSI) Toolbox**

**IDDSI Flow Test Materials:**

- Flow Test Trainer Guidelines
- Flow Test Handout
- Flow Test Quick Guide
- Flow Test Record Sheet Example
- Flow Test Record Sheet Blank
- Flow Test Competency Form

**Additional IDDSI Materials:**

- Food Testing Poster
- Thickened Liquids Reference Sheet
- IDDSI Level 3- Liquidised Diet
- IDDSI Level 4- Pureed Diet
- IDDSI Level 5- Minced & Moist Diet
- IDDSI Level 6- Soft & Bite-Sized Diet

**Simplified Diet Manual**  
Twelfth Edition  
Paula Watkins, RD, LD, CDE, Editor

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