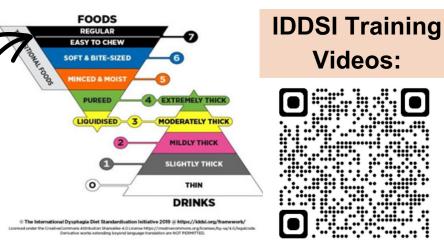
# Collaborative IDDSI and Dysphagia Key Components of the IDDSI Framework



### IDDSI

The IDDSI (International dysphagia diet standardisation initiative) framework consists of a scale of 9 levels (0 - 7), where drinks are measured from Levels 0 - 4, while foods are measured from Levels 3 - 7 (Level 7 Easy Chew and Level 7 Regular).



Level 1: Slightly thick

2: Mildly th

Level 3: Moderately thick

x 1

x 2

x 3

x 7

To avoid lumps start stirring or shaking as soon as possible

ork for full details on descriptions. al use only. Nutilis Clear is a Food for Spec

For best results, Nutilis Clear can be mixed using a fork, whisk or shaker. It is

the best results, rounds creat the powder all at once in the glass/cup/shaker at then add the liquid, but it is also possible to first place the liquid in the glass/ cup/shaker and add the powder second.

ays measure the liquid required, e.g. 200m

Leave to stand for one minute. Stir gently for five seconds, then serv

1 level scoop of Nutilis Clear

in 200ml drink

2 level scoops of Nutilis Clear

in 200ml drink

3 level scoops of Nutilis Clear in 200ml drink

7 level scoops of Nutilis Clear in 200ml drink

20-04/18

## Fluids: Level 0-4



Level 0: Thin fluids - No Nutilis Clear required

Level 1: Slightly thick - 1 level scoop of Nutilis Clear



Level 2: Mildly thick - 2 level scoops of Nutilis Clear

Level 3: Moderately thick - 3 level scoops of Nutilis Clear



**Level 4: Extremely thick -** 7 level scoops of Nutilis Clear

### Key things to note when thickening fluids:

- Add level scoop(s) of powder to a dry glass, cup or bowl.
- Slowly add the 200ml of liquid while stirring continually.
- Stir until the powder is completely dissolved.
- Leave the drink to stand for up to 3 or 4 minutes until the desired consistency is achieved and consume within 2 hours.
- Please note that Oral Nutritional Supplements (ONS) should never be thickened. Pre-thickened ONS will be advised by the Dietitian.

## IDDSI Diet Level 4:

Level 3: Liquidised

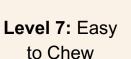




Level 5: Minced and Moist

Level 6: Soft and Bite Sized









Please note: There are other thickeners available, however Nutilis Clear is first line on the NHSGGC formulary

**Nutricia** Nutilis