

International Dysphagia Diet (IDD)

Reference Manual



Thank you for partnering with us on this endeavor to increase the safety of eating and drinking for those living with dysphagia. We also seek to improve enjoyment during meal times through food preparation and plating to make it look as appealing as possible. Another goal is to reduce the burden placed on those caring for individuals who experience difficulty swallowing. We hope you find the pictures and explanations useful as you prepare healthy and safe meals and snacks.

Please note that the branded products are the specific items we tested; they are not an endorsement.

Please consider us a resource for any questions you may have. We are available at (920) 568-5299.

Fort HealthCare

Chef and Dietary staff

Dietitians

Speech Pathologists

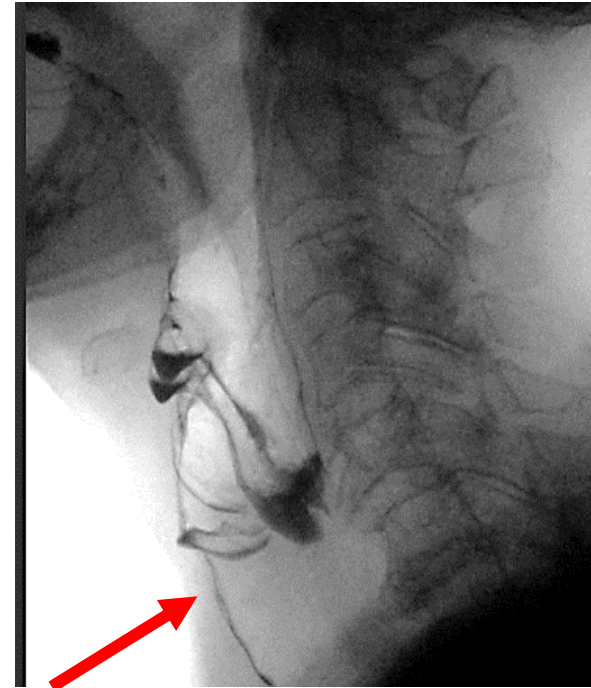


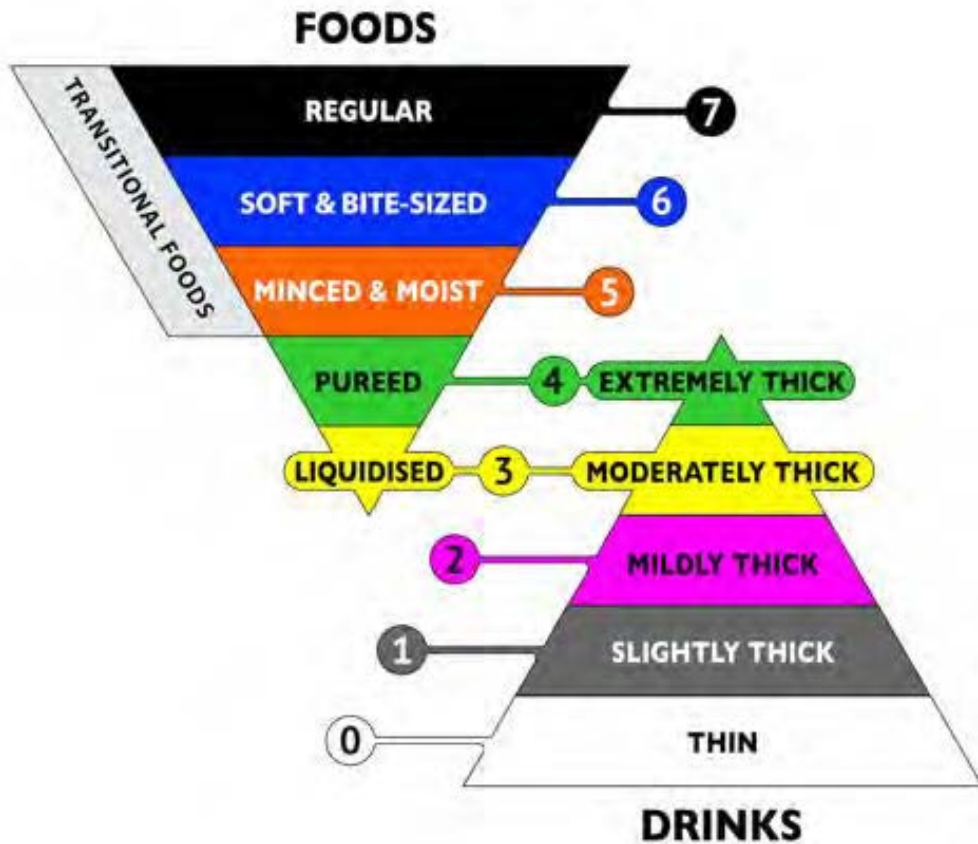
Recommendations regarding food texture and liquid consistency are made to reduce an individual's risk for aspiration, malnutrition, and dehydration. Aspiration is when food or liquid enters the airway, which increases the risk for pneumonia, and even death.

Normal swallow



Aspiration





The goal of the International Dysphagia Diet Standardization Initiative is to develop common language for food textures and liquid consistencies. This will decrease confusion and frustration, and ultimately improve patient safety.

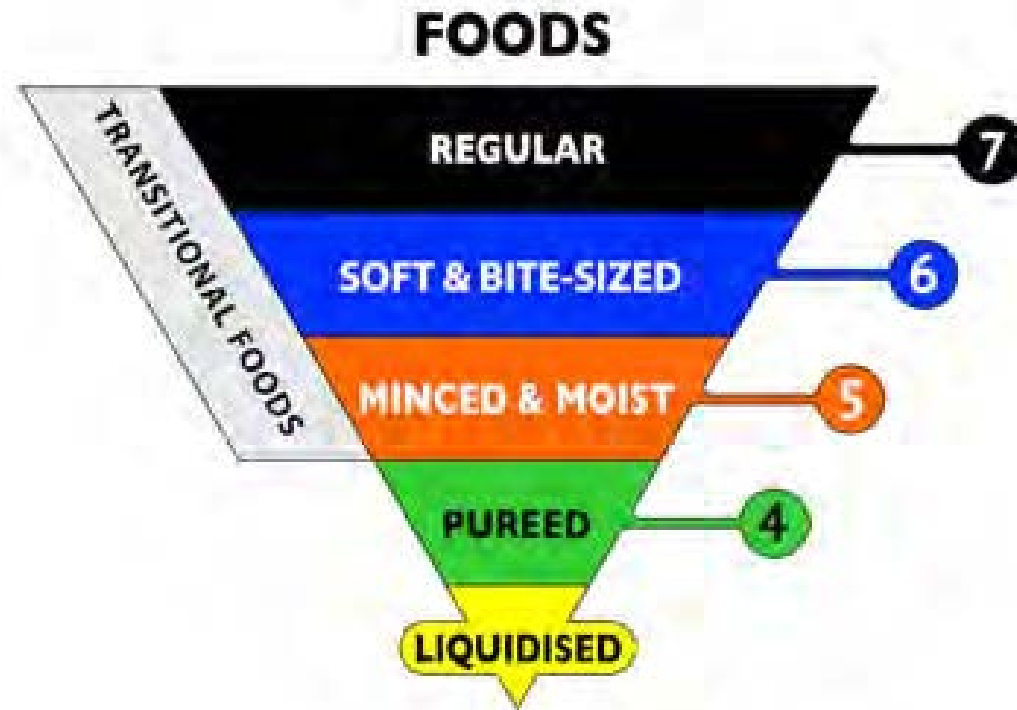
Food textures and liquid consistencies are arranged into two triangles.

Least restrictive consistencies are at the widest part of the triangle with no restrictions for regular foods and thin liquids.

As the triangles become more narrow, the consistencies gradually become more restrictive.

Food and liquid overlap at the point of each triangle with those being the most restrictive consistencies.

Let's look at food textures first, starting at the top of the triangle and working our way down to the most restrictive food textures.



International Dysphagia Diet Level 7: Regular

Description:

- Normal, everyday foods of various textures
 - Age appropriate
 - Developmentally appropriate
- The individual is able to:
 - Chew all food textures without fatigue
 - Remove bone, gristle, or other material from the mouth that cannot be swallowed safely

International Dysphagia Diet Level 6: Soft & Bite-sized

Description:

- Soft, tender, and moist throughout
 - Able to cut foods with a fork
- Thin liquid does not separate from the solid
- Chewing is required



Steamed chicken fork test

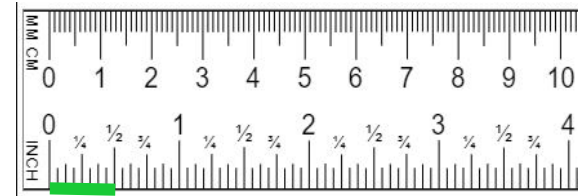


Mac & cheese fork test

International Dysphagia Diet Level 6: Soft & Bite-sized

Food preparation:

- Food should be tender enough to cut with a fork (no knife required)
 - Cutting is part of the preparation before serving an individual a plate of food
- Cut food in pieces no larger than $\frac{1}{2}$ " cubes



- Test whether food is tender enough before serving
 - Set a fork on a sample of the food and press hard enough (on the base of the fork) that your thumb nail turns white
 - The food should mash and change shape, and not return to its original shape when the fork is removed



International Dysphagia Diet Level 6: Soft & Bite-sized

Breakfast food examples:

- Cream of wheat, oatmeal, steel cut oats
 - Follow directions precisely for correct ratio of grain to water/milk
 - Make sure there is no separate thin liquid
 - May have instant oatmeal packets that contain apple or peach pieces
- Omelet
 - Cut in ½” pieces
 - May have American cheese, mashed breakfast sausage without casing, and sautéed onions cut in ½” pieces
 - Avoid ham, bacon, green pepper, and other cheeses
- Sausage
 - Cut in ½” pieces
 - Avoid casing



Sautéed onion



American cheese

International Dysphagia Diet Level 6: Soft & Bite-sized

More breakfast food examples:

- Yogurt
 - May have any smooth yogurt, or yogurt with peach or mango pieces
 - Avoid yogurt with seeds, skins, nuts, or other crunchy/hard additives
- Scrambled egg
 - Cut in ½” pieces
- French toast
 - Cut in ½” pieces
 - May have syrup, but it is not required
 - Avoid crust



French toast fork test



French toast with syrup

International Dysphagia Diet Level 6: Soft & Bite-sized

Lunch and supper food examples:

- Soups
 - Puree and strain
 - If on thickened liquids, thicken to recommended consistency
- Chicken salad, egg salad, and tuna salad
 - ½” pieces
 - Avoid celery and onion
- Steamed chicken
 - Cut in ½” pieces
- Macaroni and cheese
 - Well-cooked noodles
 - Cut in ½” pieces

International Dysphagia Diet Level 6: Soft & Bite-sized

More lunch and supper food examples:

- Roast turkey
 - Cut in ½” pieces
 - Avoid tough pieces
- Meatballs and marinara
 - Cut meatballs in ½” pieces
- Meatloaf
 - Cut in ½” pieces
- Salmon or cod
 - Steam
 - Cut in ½” pieces
 - Avoid tough pieces



Cod



Meatballs & marinara



Meatloaf

International Dysphagia Diet Level 6: Soft & Bite-sized

More lunch and supper food examples:

- Yogurt
 - May have any smooth yogurt, or yogurt with peach or mango pieces
 - Avoid yogurt with seeds, skins, nuts, or other crunchy/hard additives
- Mashed potatoes with or without gravy
- Mashed sweet potatoes with or without butter
- Cottage cheese
 - Drain excess liquid



Cottage cheese



International Dysphagia Diet Level 6: Soft & Bite-sized

More lunch or supper food examples:

- Vegetables
 - May have carrots, cauliflower, and beans (green, yellow, or baked)
 - Steam or boil until tender
 - Cut in ½” pieces
 - Puree corn, peas, and broccoli
- Soft fruit without skins or seeds
 - May have peach, pear, plum, apricot, and mango
 - Peel first
 - Mash
 - Drain excess liquid
 - May have ripe banana and avocado
 - Slice
 - Cut into ½” pieces
 - May have applesauce as is
 - Avoid berries, pineapple, citrus, grapes, and melon



Banana

International Dysphagia Diet Level 6: Soft & Bite-sized

Dessert food examples:

- Apple pie filling
 - Warm
 - Cut in ½” pieces
- Hunt’s brand gelatin
- Kemp’s chocolate or vanilla ice cream
- Kemp’s sherbet
- Smoothie
 - May have banana, peach, pear, plum, avocado, apricot, and/or mango
 - Avoid berries, pineapple, citrus, grapes, and melon
- Pudding



Apple pie



International Dysphagia Diet Level 5: Minced & Moist

Description:

- Soft and moist
 - Avoid sticky textures
- Cohesive enough to hold its shape on a spoon
- Thin liquid does not separate from the solid
- Small lumps are visible within the food
 - Easy to mash with the tongue
- Minimal chewing is required
- Food needs to be pureed if unable to mash using gentle pressure from a fork
- Tip: may need to use a fine mesh strainer to eliminate seeds, skins, or other tough pieces



Cottage cheese



Banana

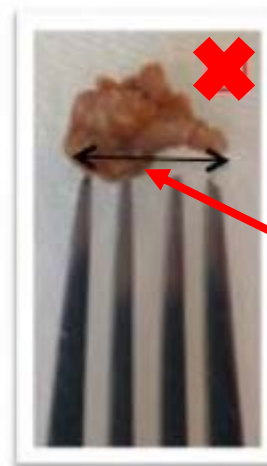
International Dysphagia Diet Level 5: Minced & Moist

Food preparation:

- Cook foods so that they are very tender
- Mash with a fork
- Add sauce or gravy (particularly for meats) before serving to make food cohesive
- If a food is not soft enough to mash with a fork, serve it pureed
- Remove all tough pieces



Particles need to fit between the tines of a fork



Needs to be minced further to fit between the tines

International Dysphagia Diet Level 5: Minced & Moist

Breakfast food examples:

- French toast
 - Puree
 - 2 full slices of French toast, crust removed, torn in small pieces, blended with 8 oz (1 cup) 2% milk; blend for 25 seconds
- Pancakes
 - Puree
 - 2 pancakes torn in small pieces; blend with 5 oz (10 tablespoons) 2% milk; blend for 25 seconds
- Scrambled eggs
 - Mash
- Yogurt
 - May have any smooth yogurt, or yogurt with peach or mango pieces
 - Avoid yogurt with seeds, skins, nuts, or other crunchy/hard additives
- Instant oatmeal packets
 - Follow directions precisely for correct ratio of grain to water/milk
 - May have instant oatmeal packets that contain apple or peach pieces
- Cream of wheat
 - Follow directions precisely for correct ratio of grain to water/milk

International Dysphagia Diet Level 5: Minced & Moist

Lunch or supper food examples:

- Meat, such as roast beef, steamed chicken, or roast turkey
 - Mash
 - Stir in gravy
 - Puree meats if they can't be easily mashed with a fork
- Meatballs and marinara
 - Mash
- Meatloaf with gravy
 - Mash
- Chicken salad, egg salad, and tuna salad
 - Mash
 - Avoid celery and onion
- Soups
 - Puree and strain
 - If on thickened liquids, thicken to recommended consistency
- Macaroni and cheese
 - Puree



Meatballs and marinara



Steamed chicken



Meatloaf

International Dysphagia Diet Level 5: Minced & Moist

More lunch or supper food examples:

- Mashed potatoes with or without gravy
- Mashed sweet potatoes with or without butter
- Yogurt
 - May have any smooth yogurt, or yogurt with peach or mango pieces
 - Avoid yogurt with seeds, skins, nuts, or other crunchy/hard additives
- Cottage cheese
 - Mash
 - Drain excess liquid



International Dysphagia Diet Level 5: Minced & Moist

More lunch or supper food examples:

- Vegetables
 - May have carrots and baked beans
 - Cook
 - Mash
 - Puree corn, beans (green and yellow), broccoli, cauliflower, and peas
- Soft fruit without skins or seeds
 - May have banana, peach, pear, plum, avocado, apricot, and mango
 - Peel fruits first
 - Mash
 - Drain excess liquid
 - May have applesauce as is
 - Avoid berries, pineapple, citrus, grapes, and melon

International Dysphagia Diet Level 5: Minced & Moist

Dessert food examples:

- Apple pie filling
 - Warm
 - Mash
- Kemp's chocolate or vanilla ice cream
- Kemp's sherbet
- Hunt's brand gelatin
- Pudding
- Smoothie
 - May have banana, peach, pear, plum, avocado, apricot, and/or mango
 - Avoid berries, pineapple, citrus, grapes, and melon



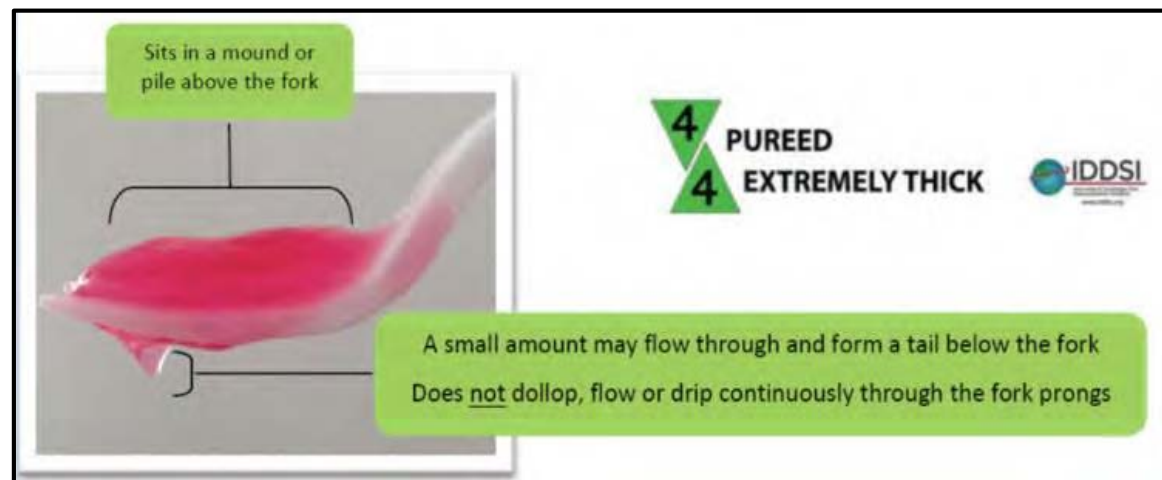
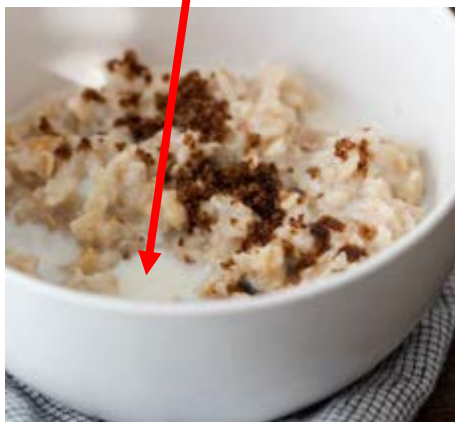
Apple pie



International Dysphagia Diet Level 4: Pureed

Description:

- Usually eaten with a spoon, though a fork is possible
 - Cannot drink from a cup
 - Cannot sip through a straw
- Smooth texture with no biting or chewing involved
- Can be layered or molded
 - Holds its shape on a plate
- Thin liquid must not separate from solid



International Dysphagia Diet Level 4: Pureed

Spoon Tilt Test



Cohesive enough to hold its shape

BUT



Not sticky

International Dysphagia Diet Level 4: Pureed

- Maintains pattern from tines of a fork



Pureed turkey

- Smooth texture
- Holds its shape

- Thin liquid does not separate from solid



Pureed pancake



Pureed pears

International Dysphagia Diet Level 4: Pureed

Breakfast food examples:

- French toast
 - 2 full slices of French toast, crust removed, torn in small pieces, blended with 8 oz (1 cup) 2% milk; blend for 25 seconds
- Pancakes
 - 2 pancakes torn in small pieces; blend with 5 oz (10 tablespoons) 2% milk; blend for 25 seconds
- Scrambled eggs
 - 1 cup scrambled eggs and 2 oz ($\frac{1}{4}$ cup) 2% milk; blend for 25 seconds
- Yogurt that is smooth
 - Avoid fruit pieces, seeds, skins, nuts, or other crunchy/hard additives
- Instant oatmeal packets
 - Follow directions precisely for correct ratio of grain to water/milk
 - Avoid fruit pieces
- Cream of wheat
 - Follow directions precisely for correct ratio of grain to water/milk

International Dysphagia Diet Level 4: Pureed

Lunch or supper food examples:

- Chicken or turkey
 - 8 oz (1 cup) chopped, tender cooked meat blended with 4 oz (½ cup) 2% milk; blend for 25 seconds
 - Smooth with no lumps, chunks, or tough pieces
- Spaghetti bolognaise
 - 8 oz (1 cup) meat sauce blended with 1 cup well-cooked spaghetti and ¼ cup chicken broth; blend for 25 seconds
- Spaghetti with marinara
 - 8 oz (1 cup) marinara sauce blended with 1 cup well-cooked spaghetti; blend for 25 seconds
- Macaroni & cheese
 - 8 oz (1 cup) prepared macaroni and cheese blended with 3 tablespoons 2% milk; blend for 25 seconds
- Soups
 - Puree and strain
 - If on thickened liquids, thicken to recommended consistency

International Dysphagia Diet Level 4: Pureed

More lunch or supper food examples:

- Enchiladas (*Picture 1 below*)
 - 2 enchiladas blended with 5.5 oz ($\frac{1}{2}$ cup + 3 tablespoons) 2% milk; blend for 25 seconds
- Chicken salad (*Picture 2 below*)
 - 8 oz (1 cup) chicken salad blended with 5 tablespoons 2% milk; blend for 25 seconds
 - Avoid onion and celery
- Egg salad (*Picture 3 below*)
 - 8 oz (1 cup) egg salad blended with 3 tablespoons 2% milk; blend for 25 seconds
 - Avoid onion and celery
- Tuna salad (*Picture 4 below*)
 - 8 oz (1 cup) tuna salad blended with $\frac{1}{4}$ cup + 1 tablespoon 2% milk; blend for 25 seconds
 - Avoid onion and celery



1



2



3



4

International Dysphagia Diet Level 4: Pureed

More lunch or supper food examples:

- Mashed potatoes with or without gravy
- Mashed sweet potatoes with or without butter
- Pureed cottage cheese
- Yogurt that is smooth
 - Avoid fruit pieces, seeds, skins, nuts, or other crunchy/hard additives



International Dysphagia Diet Level 4: Pureed

More lunch or supper food examples:

- Vegetables
 - Remove skins and seeds
 - Cut into small, even-sized pieces
 - Fully cook
 - Add butter, oil, cream, stock, or vegetable juice in the final stage of pureeing for flavor and consistency/texture
 - Corn, celery, and rhubarb do not puree well due to fibrous nature
- Fruit
 - Applesauce
 - May have other flavored applesauce, as long as it is smooth with no chunks
 - Pureed banana, peach, pear, plum, avocado, apricot, or mango
 - Avoid berries, pineapple, grapes, melon, and citrus

International Dysphagia Diet Level 4: Pureed

Dessert food examples:

- Pudding
 - Smooth texture (no tapioca)
- Kemp's chocolate or vanilla ice cream
- Kemp's sherbet
- Smoothie
 - Peel fruits first
 - May have banana, peach, pear, plum, avocado, apricot, and/or mango
 - Avoid berries, citrus, pineapple, melon, and grapes



International Dysphagia Diet Level 4: Pureed

Tips:

- A food mill can puree food and remove seeds or skins at the same time
- Run pureed food through a fine mesh strainer to remove any small lumps or pieces that remain
- These tools can increase the variety of foods an individual is able to eat safely.



International Dysphagia Diet Level 4: Pureed

Tip:

- Food molds can be purchased online and re-used when making your own purees to improve presentation on the plate.

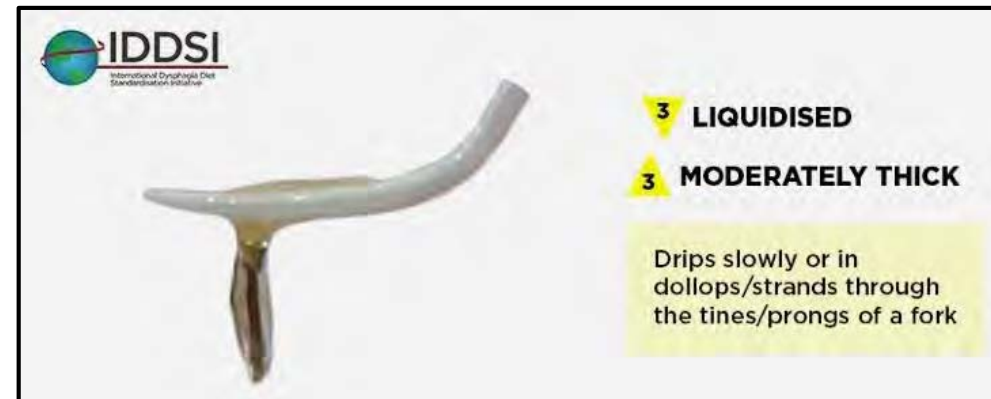


One online retailer:
<https://www.pureefoodmolds.com/en/>

International Dysphagia Diet Level 3: Liquidised

Description:

- Can drink from a cup or eat with a spoon
- Requires effort to drink through a straw
- Cannot be piped or molded on a plate
 - Spreads out if spilled onto a flat surface
- Impossible to hold this texture with fingers
- Smooth texture (no bits or lumps) with no chewing or mashing involved
- Pours easily from a spoon when tilted



International Dysphagia Diet Level 3: Liquidised

Food examples:

- Infant “first foods”
 - Runny rice cereal or runny pureed fruit
 - Sauces and gravies



Condiments are encouraged to add calories and flavor

- Salt
- Pepper
- Mrs. Dash
- Parmesan cheese
- Other seasonings
- Butter/margarine
- Cream cheese
- Tartar sauce*
- Syrup
- Honey
- Jelly
- Soy sauce
- Ranch salad dressing
- Steak sauce
- Barbecue sauce
- Relish*
- Mustard
- Ketchup
- Mayonnaise
- Sour cream
- Horseradish sauce
- Marinara
- Gravy
- Salsa*

*Avoid tartar sauce, relish, salsa, and any other condiment that is not smooth on IDD4 Pureed and IDD3 Liquidised.

Foods to Avoid on Levels 3 Liquidised, 4 Pureed, 5 Minced & Moist, and 6 Soft & Bite-sized:

Sticky/chewy foods

- Nut butters
- Gum
- Candy
- Cheese
- Dried fruit
- Bacon
- Bread
- Muffins
- Bagels
- English muffins
- Brownies
- Rice
- Hamburger

Fibrous/tough foods

- Ham
- Steak
- Pineapple
- Citrus fruits
- Skins (grapes, tomatoes, salmon, chicken)
- Outer shells (peas)
- Gristle
- Celery
- Rhubarb
- Melon
- Asparagus

Hard foods

- Seeds
- Nuts
- Apples
- Raw carrots
- Popcorn
- Stir fry vegetables

Leafy foods

- Spinach
- Lettuce

Crunchy/crumbly foods

- Toast
- Crackers
- Biscuits
- Cakes

Other foods

- Cold cereal
- Watermelon

*Avoid any food that is not smooth and cohesive on IDD4 Pureed and IDD3 Liquidised.

Finally, let's look at liquid consistencies, starting with the most restrictive and making our way to the least restrictive.



International Dysphagia Diet Liquid Consistencies

- IDD4: Extremely thick



Sits in a mound or pile above the fork

4 PUREED
4 EXTREMELY THICK

IDDSSI

A small amount may flow through and form a tail below the fork
Does not dollop, flow or drip continuously through the fork prongs

- IDD3: Moderately thick



IDDSSI
International Dysphagia Diet
Standardization Initiative

3 LIQUIDISED
3 MODERATELY THICK

Drips slowly or in dollops/strands through the tines/prongs of a fork

International Dysphagia Diet Liquid Consistencies

- IDD2: Mildly thick



- Able to drink from a cup
- Difficult to sip from a straw

- IDD1: Slightly thick



- Able to drink from a cup or sip from a straw
- Flows more slowly from a spoon than thin liquids

- IDD0: Thin liquid



- Able to consume any liquid without modification

International Dysphagia Diet Liquid Consistencies

Tips:

- Mix cream, sugar, honey, or additions to beverages prior to thickening
- It is critical that you follow directions on the package exactly when thickening liquids
 - Measure the liquid and the thickener precisely; mix according manufacturer's instructions
- A drink that is too thick can be just as unsafe as a drink that is not thick enough