

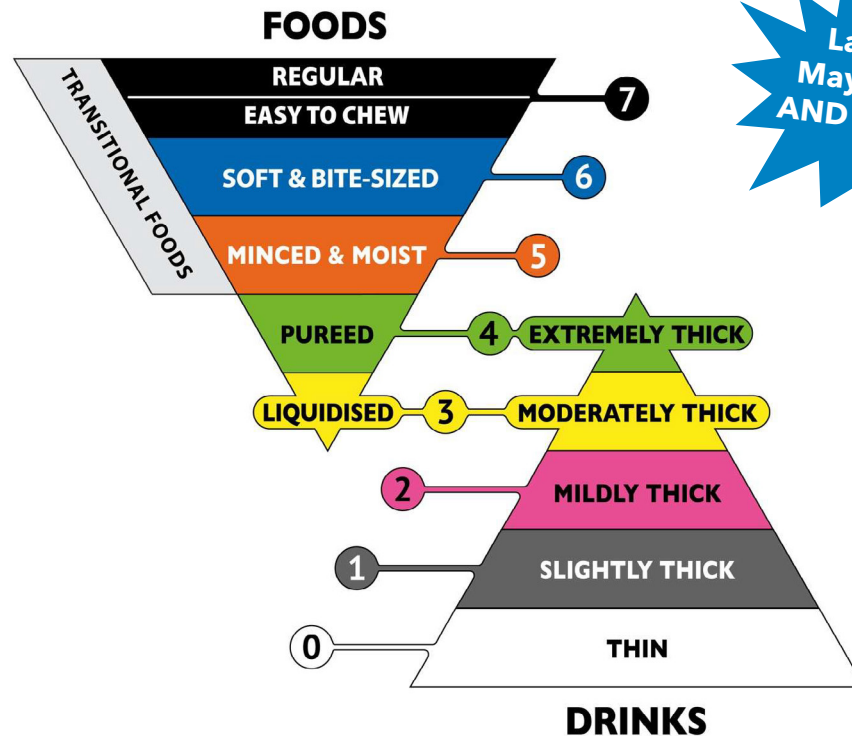
Introduction to IDDSI

International Dysphagia Diet Standardisation Initiative

What is the International Dysphagia Diet Standardisation Initiative (IDDSI)?

Why was change needed?

- IDDSI is an initiative that has developed a globally Standardised method for safely providing food and drink for individuals with feeding, chewing or swallowing problems.
- Prior to the introduction of IDDSI's Standardised terminology and food and drink testing methods, there were no universally accepted guidelines for dysphagia diets.
- Food and drink modifications and terminology differed from one healthcare facility to the next and the previously used terminology did not easily translate between cultures.
- Through the work of IDDSI, we now have an international terminology to describe texture modified foods and thickened liquids that is applicable for all ages, all care settings and all cultures.



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At General Mills, we serve the world by making food that people love. We understand that serving patients with dysphagia requires special attention to ensure they are getting foods that are nutritious, appealing and meet these patients' needs. General Mills Foodservice is committed to providing products, recipes, and resources to help you implement IDDSI guidelines in your operation. These resources can be accessed at: www.generalmillsCF.com/dysphagia

General Mills is also proud to be a supporter of IDDSI as a Gold Level sponsor.

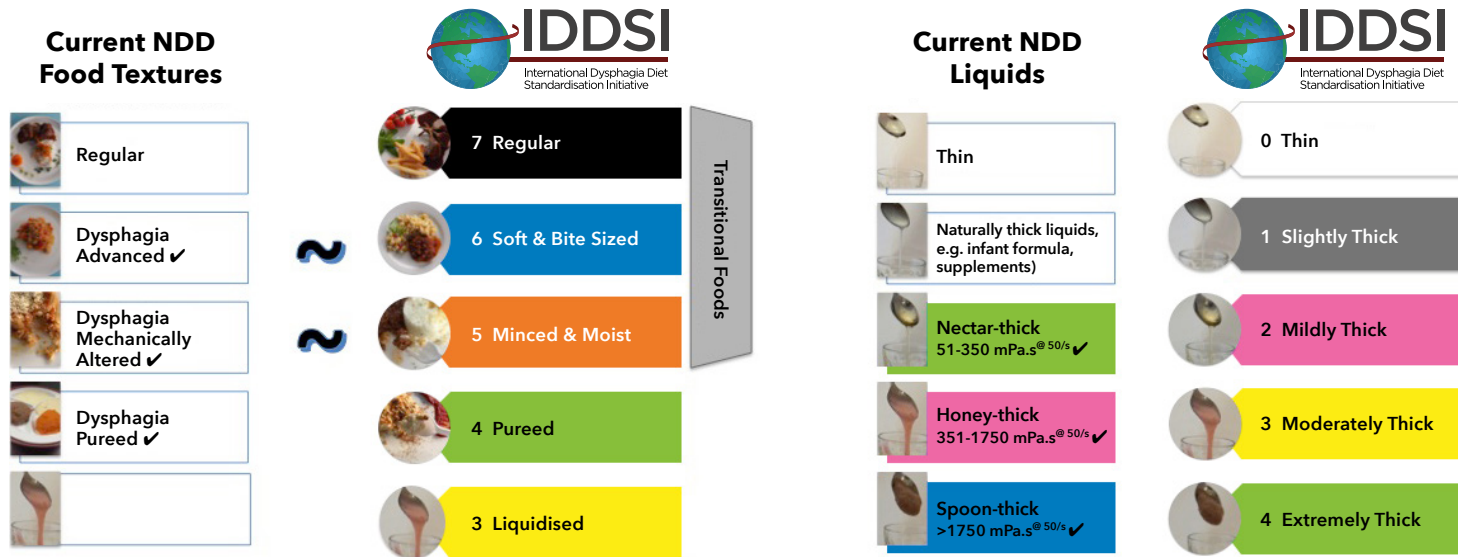


How does IDDSI compare to the National Dysphagia Diet (NDD)?

Compared to NDD, the IDDSI Framework is:

Internationally accepted | Consistent between all care settings | Applicable to all age groups | Standardised terminology

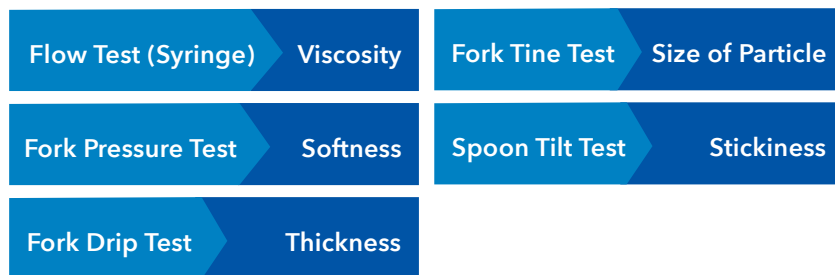
The graphics below display how NDD food textures and liquid consistencies loosely translate to the new IDDSI framework.



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How are food and drink classified with IDDSI?

Food and drink are classified within the IDDSI framework (shown below) using several testing methods. Testing methods include:



Details on these tests, including illustrations and videos, as well as full descriptions for each of the IDDSI Framework levels can be found on the IDDSI website or app.

IDDSI Resources:



IDDSI app available for download from Google Play or App Store
 International Dysphagia Diet Standardisation Initiative Website: www.IDDSI.org

Compiled by Roche Dietitians. Visit RocheDietitians.com for training materials and posters



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