



IDDSI RESOURCES FOR HEALTHCARE

Dysphagia is a swallowing disorder, usually caused by nerve or muscle problems, that can lead to the deterioration of an individual's nutrition status. Currently, there are no clear international standards for texture-modified diets used in healthcare facilities. The **International Dysphagia Diet Standardization Initiative (IDDSI)** created global standardized terminology and definitions for texture-modified foods to improve the safety and care of individuals with dysphagia.

The Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association jointly supported May 1, 2019 as the official launch date for IDDSI implementation in the United States. As of October 2021, IDDSI is the only texture-modified diet recognized in The Academy's Nutrition Care Manual, and the National Dysphagia Diet is no longer included. Full announcement [here](#).

Below is an IDDSI Launch Task List, complete with links to various resources (in green), to help our US Foods® healthcare customers successfully launch IDDSI.

IDDSI LAUNCH TASK LIST

| TASK | IDDSI RESOURCES | US FOODS® RESOURCES |
|-----------------------------------|---|---|
| Become Familiar with IDDSI | Review definitions , testing methods and resources on iddsi.org Sign up for IDDSI newsletters Form implementation team and determine timeline | Access pre-recorded IDDSI webinars The Future of Modified Diets – Tips from Early IDDSI Adopters Password: 1@skp.b@ Implementation of Modified Diets: Tips and Tools for Operationalizing IDDSI ; Password: @xB9%AA6 |
| Spread the Word – IDDSI Education | Print/display educational material from iddsi.org Schedule trainings for kitchen staff and begin testing recipes using audit tools. | View preparation and testing of recipes by US Foods Chefs and Dietitians: Steamed Broccoli , Beef Macaroni Casserole , Cheese Omelet and Diced Potatoes , Apricot Parfait |
| Check Out the Food and Drinks | Review current menu and map to IDDSI terminology Update menu software system | Search for recipes with suggested IDDSI modifications in the Recipes on Demand database Contact your US Foods representative for an IDDSI product list |

For more information, or if you have additional questions regarding IDDSI implementation, contact your US Foods Account Executive.

