



BLUEPRINT MENU MANAGEMENT SYSTEM

IDDSI Implementation Quick Guides

IDDSI Level 3: Liquidized Food: Used in the dietary management of dysphagia with food texture modification described as smooth food without lumps that cannot be molded on a plate, require no oral processing or chewing, can be directly swallowed, and further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).





IDDSI Level 4: Pureed Food: Used on the dietary management of dysphagia with food texture modification described as foods that are smooth and lump-free, not firm or sticky, require no chewing or bolus formation, fall off spoon as intact spoonful, and hold shape on a plate; liquid must not separate from solid and foods and liquids further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

IDDSI Level 5: Minced and Moist Food: Used on the dietary management of dysphagia with food texture modification described as foods that are minced, soft, and moist and can be scooped and shaped with lump size 4mm length by 4mm width for adults. Foods require minimal chewing, are easily mashed with little pressure from a fork, with no separate thin liquids, and further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

IDDSI Level 6: Soft, Bite Sized Food: Used in the dietary management of dysphagia with food texture modification described as soft, tender, moist foods with no separate thin liquids. Foods should have a particle size no greater than 15 mm length by 15mm width for adults. Chewing is required before swallowing, and foods should further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

IDDSI Level 7: Regular, Easy-To-Chew Food: Used for individuals who may have difficulty chewing hard, tough, stringy, or crunchy foods. It requires the ability to bite, chew, and orally process foods without easily tiring and the ability to eat independently. There is no food size restriction associated with this diet and is intended for individuals with swallowing problems and further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

BluePrint Diet Descriptions and Abbreviations for IDDSI

Description	Code	Color/Shape
IDDSI Level 3: Liquidized	LQ3	
IDDSI Level 4: Pureed	PU4	
IDDSI Level 5: Minced & Moist	MM5	
IDDSI Level 6: Soft & Bite-Sized	SB6	

IDDSI Abbreviations

SB = Soft & Bite Sized
 MM = Minced & Moist
 PU = Pureed
 LQ = Liquidized

BluePrint Recipe Instructions for IDDSI

IDDSI Level 6 – Soft & Bite Sized: Chop/cut food into pieces ≤ 15mm by 15mm in size. Use the Fork Pressure Test to confirm texture is within IDDSI Level 6 specifications.

IDDSI Level 5 – Minced & Moist: Measure desired # of servings into a food processor. Mince until food pieces are ≤ 4mm by 4mm in size. Use the Fork Drip Test and the Spoon Tilt Test to confirm texture is within IDDSI Level 5 specifications.

IDDSI Level 4 – Pureed: Measure desired # of servings into a food processor. Blend until smooth. Use the Fork Drip Test and the Spoon Tilt Test to confirm texture is within IDDSI Level 4 specifications.

IDDSI Level 3 – Liquidized: Measure desired # of servings into a food processor. Blend until smooth. Use the Flow Test and the Fork Drip Test to confirm texture is within IDDSI Level 3 specifications.

NOTE: For any of the above modified texture diets: Add small amounts of gravy, sauce, vegetable juice, cooking water, fruit juice, milk, or half and half to meet desired consistency. Drain and discard any excess liquid that has separated from the solid food pieces. Add commercial thickener if product needs thickening. Based on type and amount of liquid/ thickener added in texture modification process, nutrition information may vary.

IDDSI Levels and Testing Methods



	Level 3 – Liquidized	Level 4 – Pureed	Level 5 – Minced & Moist	Level 6 – Soft & Bite Sized	Level 7 – Regular, Easy to Chew
Appearance	Smooth, no bits	No Lumps	Fork Tine Size Test: 4mm x 15mm No separate thin liquid	15mm x 15mm No separate thin liquid	May be any size
Fork Drip Test	Food drips slowly in dollops	Mound; slight tail; no drip	---	---	---
Spoon Tilt Test	---	Holds shape; slides; may spread slowly	Holds shape; slides; may spread slowly	---	---
Fork Pressure Test	Fork does not leave pattern, even briefly	Fork leaves clear pattern; food briefly retains indentation	Easily mashed with fork; pressure w/o nail turning white; easily separates	Mashed w/o returning to original shape; pressure turns nail white; food can be broken up w/ fork or side of spoon	Mashed w/o returning to original shape; pressure turns nail white; food can be broken up w/ fork or side of spoon
Syringe Test (10 sec flow)	> 8 ml remains; then fork drip	---	---	---	---

IDDSI Diets Setting Modifications

Background: These steps can be utilized to rename or hide the IDDSI Diet Restrictions.

From the homepage, navigate to **Data Setup** and select  Settings.

Diet Restriction Settings

1. Navigate to **Clinical Settings** then  **Diet Settings** and select  Diet Restrictions.
2. **To Change the Name of a Diet Restriction** – Under **'Description'** click directly on the name of a diet restriction. Edit the name as needed. Update the **Short (Abbreviated) Name** in the **'Code'** field. Click **Done**.
3. **To Hide a Diet Restriction** – Navigate to the right side of the screen under **Hide This Diet Restriction**. Click on the **Check Box** to hide that diet restriction.



Hint: Hide a diet restriction if you do not want that diet to be visible on lists and reports.

How to Add IDDSI Diets











Background: The new IDDSI diets in BluePrint can be added to the system and assigned to your cycle menu. The BluePrint System will spread the menu to therapeutic diets based on what is coded in the “Replacements” tab of each recipe on the menu.




Important: Add the IDDSI diet(s) to your primary cycle menu *after* the primary cycle menu has been spread.

Step 1: Assign IDDSI Diet(s) to Menu Cycle

1. From the homepage, navigate to **Cycle Menu Planning** and click on  [Manage Menu Cycles](#).
2. Click directly on the name of the cycle menu to assign diets to.
3. Under  **Select Diet Restrictions:** move the IDDSI diet(s) to the right.
Important: This should be done AFTER your menu is spread to standard BluePrint therapeutic diets.

Step 2: Spread IDDSI Diet(s) to Menu Cycle



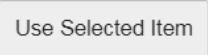
1. Make sure the menu is ready to spread.
 - **Review each meal for correct recipes and order**
It is more difficult to make changes to recipe order after spreading your menu. Click on  [Menu Reports](#) from the homepage. Click on  [Week At A Glance Reports](#). Work through the prompts to print the report. Review the report for correct menu item order. To make changes to order, click on  [Edit Menus](#) from the homepage and adjust the spread line number. Recipes will appear in numerical order of spread line.
Note: Refer to [Review Spread Lines Quick Guide](#) in the **BluePrint Menu Manual**.
 - **Make sure only recipes (NOT ingredients) are on your menu**
If ingredients are on the menu, the system will not be able to spread to your therapeutic diets as ingredients do not have replacement’s assigned. Navigate to **Cycle Menu Planning** and select  [Create Recipe List](#). Run the list for your entire menu cycle and all meals. Click [Go](#). Use the arrows at the top right to review all recipes and make sure all items are indicated by the  cookpot and are not ingredients indicated by the  carrot icon.
Hint: If ingredients are on the menu, replace ingredients with recipes from the  [Week At A Glance](#).
 - **Make sure correct therapeutic diets are selected**
Navigate to **Cycle Menu Planning** and select  [Manage Menu Cycles](#). Click on the name of the menu to be spread. Under , review diet restrictions selected. Therapeutic diets that you want to spread to should be in the right column with the **Regular Diet listed first**.
2. Spread your menu. Navigate to **Cycle Menu Planning** and select  [Edit Menus](#). Click on [Spread Meals](#).
3. On the left side of the screen, select *All Days* and *All Meals*. Click [Next](#).

4. On the right side of the screen, select the IDDSI diets to spread to. Confirm that the IDDSI diets are the **ONLY** diets located under **Spread To**. To remove other diets, click Remove All so that they are located under **Omitted**.
Important: It is recommended to **ONLY** spread to IDDSI diets at this time. Any changes that you've made to other therapeutic diet restrictions will be replaced if all diets are **Spread To**.
5. Next, the system will identify recipes on your menu without replacements assigned. Missing replacements must be assigned before continuing. If no missing replacements are found, click **Next**.
Hint: If missing replacements are found, click on the checkbox to the left of each diet needing replacements for each recipe. Click **Edit Checked**. Specify the replacement.
6. Next, the system will list a preview of replacements for each recipe on the menu. Click **Spread**.
Hint: If you want to change replacements, click on the recipe name and navigate to the **Replacements** tab to change. Click **Done** to continue to spread the menu.
7. The system will bring you back to the  **Edit Menus** screen once spreading is complete.
8. Go to  **Menu Reports** and run  **Diet Spread Reports** to review your spreads.
Hint: The Menu Solutions team recommends running the Diet Spreadsheet X-Format report option.

Edit IDDSI Diet Replacements and Update Menu

Background: All BluePrint standard recipes have replacements set up for the IDDSI diets. However, you may find that some replacements need to be changes based on facility specific guidelines. Follow these steps to make changes to therapeutic diet replacements.

Steps:

1. Navigate to **Cycle Menu Planning** and click on  **Edit Menus**.
2. Choose the **Day** and **Meal** from the drop downs to find the specific recipe that needs adjusting.
3. Click directly on the name of the recipe – this will bring you to the **Recipe** tab of the recipe.
4. Navigate to the **Replacements** tab.
5. Click the checkbox(s) next to the IDDSI diet restriction(s) that needs to be changed.
6. Click **Edit Checked**.
7. A box will appear, click the  button.
8. Search for the item you would like to be used as the replacement. Click the radio button next to the item and click  .
9. Click **Done**. You will notice that the new item has been replaced with the default replacement item.
10. Click **Done** until you return to the Edit Menus Screen.
11. Click on the checkbox next to the recently modified recipe. Click **Spread Checked**. Make sure all diet restrictions in use are under *Spread To* on the right. Use the **Select>** and **<Remove** buttons to adjust. Click **Next**. The system will list any missing recipe replacements – these must be coded before proceeding. Click **Next**. Click **Spread**.

What To Do for A ‘Missing Replacements’ Error Message

Background: The Menu Solutions Team provides customers with menu templates that are already spread to 22 therapeutic diets. Therefore, it is important to make sure that you choose the **“Spread Changes to other Diets”** option when making menu changes at the Week at a Glance Screen.



There may be instances where you will come across a **‘Missing Replacements’** error message when making a menu change. The message that appears will look similar to this:

 **These 1 menu items are missing replacements for this spread operation.**

Menu Item: **Soup Chicken Gumbo (scr) - 6 oz ladle** ◀ ◀ 1 of 1 ▶ ▶

There are several things that can cause this message to appear. Use the following tips to troubleshoot and fix the missing replacements.

- **Ingredients vs. Recipes**

Recipes are indicated by the  cookpot icon and ingredients are indicated by the  carrot icon.

Therapeutic diet extensions are set up at the Replacements Tab of a recipe. They will not be set up if you are adding an ingredient to the menu.

- **Therapeutic Diet Recipes**

If you are trying to add a Therapeutic Diet Recipe to your menu, the system will not be able to spread menu changes to your therapeutic diets as these recipes do not have replacements assigned. Ensure that you are searching and adding Regular Diet Recipes only to your menu. This will prevent the Missing Replacements screen from occurring.

Hint: Therapeutic Diet recipes include ground, pureed, low sodium (LS), and diet desserts to name a few.

- **Custom Therapeutic Diets or Thickened Liquid Diets**

If you have Custom Therapeutic Diets or Thickened Liquid Diets assigned to your menu. The missing replacements message will appear. It is recommended to set up the replacement at this screen. Click on the checkbox to the left of each diet needing replacements for each recipe. Click **Edit Checked**. Specify the replacement.

Hint: Replacements that are set up at the ‘Missing Replacements’ screen will be saved for future use.

Hint: Replacements for a recipe can also be added or changed directly in the **Replacements** tab of that individual recipe.

- **Custom Recipes**

If you did not assign replacements at the Replacement Tab of a recipe that was entered from scratch and then add the recipe to your menu, you will get the Missing Replacements message. If missing replacements are found, click on the checkbox to the left of each diet needing replacements for each recipe. Click **Edit Checked**. Specify the replacement.

Hint: Replacements that are set up at the ‘Missing Replacements’ screen will save for future use.

Hint: Replacements for a recipe can also be added or changed directly in the **Replacements** tab of that individual recipe.

International Dysphagia Diet Standardization Initiative

The International Dysphagia Diet Standardization Initiative (IDDSI) was established to provide a global approach to consistent diet terminology and definitions for dysphagia diet therapy in all settings and for all cultures¹. Transitioning to the standardized terminology and definitions will allow for consistent communication among health professionals, care providers, researchers, and industry partners to improve quality of care and safety for patients across the world.

Framework

IDDSI is an evidenced-based dysphagia diet framework. It has 8 levels (0-7), which are identified by numbers, text labels and colors². The IDDSI evaluates foods according to the following characteristics: food pieces and shapes, food texture, food moisture, and food with dual textures.

Testing Methods

IDDSI testing procedures to verify food textures and liquid consistencies require use of items commonly available in kitchens and health care facilities, such as forks, spoons, and syringes. These tools provide practical, consistent evaluation of specific food and fluid texture consistency, which improves patient safety.

Audit Sheets

IDDSI has developed audit sheets to help facilities determine if certain food samples meet IDDSI criteria. Access to the IDDSI audit sheets are available on the IDDSI Resources page under Implementation Resources: iddsi.org/resources.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

IDDSI Level 3: Liquidized Food

Description

The Liquidized Food diet is used in the dietary management of dysphagia with food texture modification described as smooth foods without lumps that cannot be molded on a plate, require no oral processing or chewing, can be directly swallowed, and further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 3 – Liquidized Testing Methods

IDDSI provides testing methods that use a syringe to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, liquidized foods must be a smooth texture with no lumps and pass **both** the Flow Test and Fork Drip Test.

Flow Test

The IDDSI Flow test measures how thick a liquid is by how fast it flows through a clean 10 mL slip tip syringe in 10 seconds. Remove the syringe plunger and cover nozzle with your finger. After filling the syringe with 10 ml of the liquidized food sample, release nozzle and start timer. After 10 seconds, there should be no less than 8 mL of the liquidized food sample remaining in the syringe.

Fork Drip Test

Liquidized foods can be tested by assessing whether they flow through the tine/prongs of a fork and comparing against the detailed descriptions of each level. When held by a fork, liquidized foods drip slowly in dollops or strands through the prongs.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

IDDSI Level 4: Pureed Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as foods that are smooth and lump-free, not firm or sticky, require no chewing or bolus formation, fall off spoon as an intact spoonful, and hold shape on a plate; liquid must not separate from solid and foods and liquids further meet the complete descriptive and testing specifications of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 4 – Pureed Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, pureed foods must contain no lumps and pass **both** the Fork Drip test and the Spoon Tilt test.

Fork Drip Test

Pureed foods can be tested by assessing whether they flow through the tine/prongs of a fork and comparing against the detailed descriptions of each level. When held by a fork, pureed foods sit in a mound or pile above the fork. A small amount may flow through and form a tail below the fork. Food does not dollop or drip continuously through the fork prongs.

Spoon Tilt Test

The spoon tilt test is used to determine the stickiness (adhesiveness) of the food sample and the ability of the sample to hold together (cohesiveness). The pureed food sample should be cohesive enough to hold its shape on the spoon. A full spoonful must plop off the spoon if the spoon is tilted or turned sideways. A very gentle flick (using only fingers and wrist) may be necessary to dislodge the sample from the spoon. Very little should be left on the spoon after the sample slides off.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> Pureed soft cooked hot cereals with no lumps, served without excess liquid Soft and well-moistened cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts that have been pureed Pre-gelled bread Pureed, moist pasta, potatoes without lumps 	<ul style="list-style-type: none"> Dry cereal, cooked cereal with lumps, cereal with seeds Dry bread, rolls, muffins, crackers, biscuits, cake All rice, quinoa, couscous Noodles/Pasta without sauce Pie crusts, cookies, and crisps
Protein Foods	<ul style="list-style-type: none"> Pureed prepared, moistened fresh or frozen red meat, poultry, seafood, and meat alternatives Pureed eggs and egg substitutes Pureed prepared, moistened legumes Pureed casseroles with no liquid separating from solid, moist with sauce/gravy 	<ul style="list-style-type: none"> Any meat with skin or bones Sausage, bacon Fried eggs Chunky/smooth nut seed butters, unless used in a tolerated recipe Whole nuts and seeds Proteins served with undrained thin liquids
Dairy	<ul style="list-style-type: none"> Smooth/pureed yogurt and cottage cheese Cheese sauce, cream cheese, sour cream, ricotta Whipped topping used as recipe or condiment Pudding 	<ul style="list-style-type: none"> Yogurt with lumps, seeds, nuts or fruit pieces Cheeses unless pureed into allowed recipe Transitional desserts such as custard, ice cream, sherbet, malts, and frozen yogurt
Vegetables	<ul style="list-style-type: none"> Pureed canned or cooked frozen, tender vegetables Smooth tomato sauce without seeds Mashed potatoes without skin 	<ul style="list-style-type: none"> All raw vegetables and salad Stir-fried or fried vegetables Peas, corn Skin on potatoes, French fries, hash browns
Fruits	<ul style="list-style-type: none"> Pureed canned and cooked fruits, drained of excess juices Puree fresh fruit if smooth and lump free 	<ul style="list-style-type: none"> All non-pureed fresh, frozen or canned fruits with seeds and skins Stringy, high-pulp fruits such as papaya, pineapple or mango Uncooked dried fruits such as raisins, prunes, apricots Fruit leather, fruit snacks, coconut
Oils	<ul style="list-style-type: none"> Extremely thick, smooth, non-pouring sauce or gravy 	
Other	<ul style="list-style-type: none"> Pureed foods that meet IDDSI Level 4 testing methods Pureed prepared foods, such as soups, casseroles, snacks All seasonings/sweeteners including honey and syrup 	<ul style="list-style-type: none"> Foods that do not comply with Level 4 testing methods Jelly, frosting Relish, pickles Hard chocolates, marshmallows Zest, fresh herbs

Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 4: Pureed
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Farina (drained of excess liquid) Pureed Scrambled Egg Pureed Pancakes Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Pureed Pork Loin Mashed Potatoes Pureed Green Beans Pureed Muffin Margarine Yogurt Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Pureed Chicken Pureed Mac & Cheese Pureed Spinach Pureed Cornbread Margarine Pureed Bananas Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

IDDSI Level 5: Minced and Moist Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as foods that are minced, soft, and moist and can be scooped and shaped (eg, a ball shape) with lump size 4 mm by 4 mm for adults. Foods require minimal chewing, are easily mashed with little pressure from a fork, with no separate thin liquids, and further meet the complete descriptive and testing specification of International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 5 - Minced & Moist Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, Minced & Moist foods must contain lumps less than or equal to 4mm and pass **both** the Fork Pressure test and the Spoon Tilt test.

Fork Pressure Test

Minced & Moist foods can be tested by assessing whether they can be easily mashed with little pressure from a dinner fork. It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching of the nail is observed. The food sample should easily separate and come through the prongs of the fork. The fork can also be used to confirm a 4mm lump size, which is about the gap between the prongs of a standard dinner fork.

Spoon Tilt Test

The spoon tilt test is used to determine the stickiness (adhesiveness) of the food sample and the ability of the sample to hold together (cohesiveness). The Minced & Moist food sample should be cohesive enough to hold its shape on the spoon. A full spoonful must plop off the spoon if the spoon is tilted or turned sideways. A very gentle flick (using only fingers and wrist) may be necessary to dislodge the sample from the spoon. Very little should be left on the spoon after the sample slides off.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> All <i>well-moistened</i>, soft cooked hot cereals with lumps < 4mm Pre-gelled bread <i>Soft and well-moistened</i> cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts with pieces < 4mm Soft cooked pasta served with sauce that does not separate and in <4 mm pieces Non-glutinous rice that does not separate into individual grains when cooked 	<ul style="list-style-type: none"> <i>Dry</i> bread, rolls, crackers, muffins, pancakes, waffles, cakes, bread dressing Biscuits, cookies, crisps and pie crusts Pasta dishes served without sauce or with pieces larger than 4mm Grainy, sticky, glutinous rice Quinoa and couscous
Protein Foods	<ul style="list-style-type: none"> Prepared, moistened, tender fresh or frozen red meat, poultry, seafood, meat alternatives mashed into pieces < 4mm Casseroles with small chunks of meat < 4mm pieces Eggs finely mashed into pieces < 4mm Cooked, moistened legumes mashed into pieces < 4mm 	<ul style="list-style-type: none"> Protein foods served with undrained thin liquids Any meat with skin or bones Sausage, bacon Fried eggs Chunky/smooth nut seed butters unless used in tolerated recipe Whole nuts/seeds
Dairy	<ul style="list-style-type: none"> Yogurt, cottage cheese, pudding Cream cheese, cheese sauce, whipped cream, sour cream Soft cheeses with pieces < 4mm 	<ul style="list-style-type: none"> Yogurt with nuts or coconut Hard/dry cheeses Transitional desserts such as custard, ice cream, sherbet, malts, and frozen yogurt
Vegetables	<ul style="list-style-type: none"> Canned or frozen, tender vegetables, starchy vegetables that are steamed/mashed into pieces < 4mm 	<ul style="list-style-type: none"> All raw vegetables including lettuce Cooked vegetables > 4 mm pieces Stir-fried or fried vegetables Undercooked fibrous vegetables that are tough, firm, stringy Corn, peas Skin on potatoes, French fries, hash browns
Fruits	<ul style="list-style-type: none"> Canned and cooked fruits, drained of excess juices, mashed into pieces < 4 mm Soft, peeled fresh fruits < 4 mm pieces 	<ul style="list-style-type: none"> Hard/crunchy fresh fruits Fresh fruits with pits/seeds Stringy, high-pulp fibrous fruits such as papaya, pineapple, mango Fruits with high water content that juice separates from solid in mouth Uncooked dried fruits such as raisins, prunes, apricots, coconut
Other	<ul style="list-style-type: none"> Minced/moist foods that meet IDDSI Level 5 testing methods Prepared foods served in bite size < 4 mm Pureed soups Honey, syrup 	<ul style="list-style-type: none"> Food pieces > 4 mm Relish, pickles Hard chocolates, candy, marshmallows Jelly, frosting Zest, fresh herbs

Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 5: Minced & Moist
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Oatmeal (4mm pieces) Scrambled Egg (4mm pieces) Pre-Gelled bread Margarine Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Moist Pork Loin (4mm pieces) Potatoes Anna (4mm pieces) Green Beans (4mm pieces) Muffin (4mm pieces) Margarine Milk Yogurt Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Roasted Chicken (4mm pieces) Cheesy Rice Spinach (4mm pieces) Muffin (4mm pieces) Banana (4mm pieces) Yogurt Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

IDDSI Level 6 - Soft, Bite Sized Food

Description

This diet is used in the dietary management of dysphagia with food texture modification described as soft, tender, moist foods with no separate thin liquids. Foods should have a particle size no greater than 15 mm length by 15 mm width for adults. Chewing is required before swallowing, and foods should further meet the complete descriptive and testing specifications of the International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 6 – Soft & Bite-Sized Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, Soft & Bite-Sized foods must contain lumps less than or equal to 15mm x 15mm and pass the Fork Pressure test.

Fork Pressure Test

Soft & Bite-Sized foods can be tested by assessing whether they can be easily mashed with little pressure from a dinner fork. It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching of the nail is observed. From this pressure, the food sample can be completely squashed and will not return to its original shape. The fork can also be used to confirm a 15mm x 15mm lump size, which is about the width of a standard dinner fork.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> Well-moistened, soft cooked hot cereals with lumps < 15mm x 15mm Cold Cereal with lumps < 15mm x 15 mm, softened drained and served without excess liquid Pre-gelled soaked bread Soft and well-moistened cakes, pastries, biscuits, brownies, pancakes, French toast, muffins, donuts with pieces < 15mm x 15mm Rice held together without separating into individual grains Pasta/orzo served with sauce and that does not separate and in < 15mm x 15mm pieces 	<ul style="list-style-type: none"> Dry bread, toast, crackers, muffins, pancakes, waffles, cakes Biscuits, cookies, crisps and pie crusts Pasta dishes served without sauce or with pieces larger than 15mm x 15mm Grainy, sticky, or glutinous rice Couscous, quinoa
Protein Foods <i>*Note if food can't be served 15mm x 15mm, serve Level 5 version</i>	<ul style="list-style-type: none"> Prepared, moistened, tender fresh or frozen red meats, poultry, seafood, or meat substitutes < 15 mm x 15 mm in size Eggs < 15 mm x 15 mm in size Casseroles with ground meats < 15mm x 15mm Prepared, moistened legumes, < 15mm x 15mm in size 	<ul style="list-style-type: none"> Protein foods > 15mm x 15mm pieces Any meat with skin or bones Sausage, bacon Fried eggs Nut and seed butters, unless smooth and used in recipe that meets testing guidelines Whole nuts and seeds
Dairy	<ul style="list-style-type: none"> Yogurt and cottage cheese with lumps < 15mm x 15 mm in size Soft cheeses < 15mm x 15 mm in size Cream cheese, cheese sauce, sour cream, whipped cream Pudding 	<ul style="list-style-type: none"> Yogurt with nuts or coconut Hard/dry cheeses > 15mm x 15mm pieces Sticky or chewy cheeses Transitional desserts, such as ice cream, sherbet, malts, frozen yogurt
Vegetables	<ul style="list-style-type: none"> Canned or frozen, tender vegetables, starchy vegetables steamed/boiled in pieces < 15mm x 15mm Well cooked vegetables such as carrots, cauliflower, broccoli, squash, spinach 	<ul style="list-style-type: none"> All raw vegetables Stir-fried or fried vegetables Cooked vegetables that are fibrous, tough, firm, or stringy Skin on potatoes, French fries, hash browns Peas, corn
Fruits	<ul style="list-style-type: none"> Canned/cooked fruits, drained of excess juices, in pieces < 15mm x 15 mm Soft, peeled fresh fruits mashed into pieces < 15mm x 15mm 	<ul style="list-style-type: none"> Hard/crunchy fresh fruits Stringy, high pulp fruits Fresh fruits with pits/seeds Fruits with high water content Round/long shaped fruits, such as grapes Uncooked dried fruits such as raisins, prunes, apricots, coconut Dried fruit, fruit leather, fruit snacks
Other	<ul style="list-style-type: none"> Prepared foods served in < 15mm x 15mm bite size Pureed soups Honey, syrup 	<ul style="list-style-type: none"> Hard chocolate, sweets, marshmallows Jelly, frosting Zest, fresh herbs, relish

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Sample Menu

Meal	Regular/NAS Diet	IDDSI Level 6: Soft/Bite Sized
Breakfast	Juice of Choice Cereal of Choice Egg Pancakes Margarine & Syrup Milk Coffee or Hot Tea	Juice of Choice Moist Oatmeal Scrambled Egg (15mm pieces) Pre-Gelled Bread Margarine & Syrup Milk Coffee or Hot Tea
Lunch	Marinated Pork Loin Potatoes Anna Green Beans Wheat Roll/Bread Margarine Ice Cream Milk Beverage of Choice	Marinated Pork Loin (15mm pieces) Potatoes Anna (15mm pieces) Green Beans (15mm pieces) Muffin (15mm pieces) Margarine Yogurt Milk Beverage of Choice
Dinner	Fried Chicken Cheesy Rice Spinach Cornbread Margarine Ambrosia Milk Beverage of Choice	Roasted Chicken (15mm pieces) Cheesy Rice Spinach (15mm pieces) Muffin (15mm pieces) Margarine Banana (15mm pieces) Milk Beverage of Choice
HS Snack	Snack of Choice	Snack of Choice*

**For therapeutic diets, please make appropriate modifications per your approved facility policy & procedures manual*

IDDSI Level 7 - Regular, Easy-To-Chew Food

Description

This diet is prescribed to people who may have difficult chewing hard, tough, stringy, or crunchy foods. It requires the ability to bite, chew, and orally process foods without easily tiring and the ability to eat independently. There is no food size restriction associated with this diet and is not intended for individuals with swallowing problems. They meet the complete descriptive and testing specifications of the International Dysphagia Diet Standardization Initiative (IDDSI).

Purpose

The IDDSI is an evidenced-based dysphagia diet framework and evaluates foods and fluids according to the following characteristics: food pieces and shape, food texture: Softness, tenderness, and mashability, food moisture, such as hardness and dryness, food and menu items with dual textures: liquid must not separate from solid.

Diet Order

This diet should be ordered as: _____

Facility Notes

Document facility specific diet modifications

Approved by _____ Date _____

Title _____

Level 7 – Regular, Easy-To-Chew Testing Methods

IDDSI provides testing methods that use forks and spoons to minimize the need for subjectivity that often accompanies description-based methods. A combination of tests may be required to determine which level a food fits into. To be considered safe for consumption, Regular, Easy-To-Chew, foods must pass the Fork Pressure test.

Fork Pressure Test

Regular, Easy-To-Chew foods can be tested by assessing whether they can be easily mashed with little pressure from a dinner fork. It is recommended that the fork be pressed onto the food sample by placing the thumb onto the bowl of the fork (just above the prongs) until blanching of the nail is observed. From this pressure, the food sample can be completely squashed and will not return to its original shape.

References

1. The International Dysphagia Diet Standardisation Initiative 2016. <http://iddsi.org/framework>
2. Academy of Nutrition and Dietetics. Nutrition Care Manual®. <http://www.nutritioncaremanual.org>. Content Release Date November 2019.

Menu Guidelines

Food Group	Recommended Foods	Foods to Avoid
Grains	<ul style="list-style-type: none"> All well-moistened soft, cooked, dry, hot/cold cereals with excess liquid drained Couscous, pasta, quinoa, rice Bread, toast, and sandwiches that can be cut or broken apart 	<ul style="list-style-type: none"> Dry bread, toast, crackers Tough/thick crusty breads Coarse/dry cereals Dry cakes/cookies that are chewy or sticky
Protein Foods <i>Chop or cut into pieces as needed</i>	<ul style="list-style-type: none"> Prepared, moistened, tender fresh or frozen red meats, poultry, seafood, or meat substitutes served with gravy or sauce Tender, thin sliced deli meats Eggs Smooth nut butters Prepared, moistened legumes 	<ul style="list-style-type: none"> Tough, dry red meats, poultry, seafood, or deli meats Meat products with bones Bacon and sausage Chunky nut butters Whole nuts Seeds
Dairy	<ul style="list-style-type: none"> Milk, yogurt, cottage cheese, soft cheeses Cream cheese, sour cream, whipped topping Pudding, custard Frozen desserts 	<ul style="list-style-type: none"> Yogurt with nuts or coconut Hard/dry cheese Sticky/chewy chunks of cheese
Vegetables	<ul style="list-style-type: none"> All cooked, tender vegetables soft enough to be broken apart with a fork 	<ul style="list-style-type: none"> All raw vegetables Stir-fried or fried vegetables Undercooked vegetables that are fibrous, tough, firm, or stringy Skin on potatoes, French fries, hashbrowns
Fruits	<ul style="list-style-type: none"> All canned and cooked fruits soft enough to be broken apart with the side of a spoon/fork, drained of excess liquid Soft berries and peeled fresh fruits 	<ul style="list-style-type: none"> Fresh fruits that are difficult to chew (apples/pears) Stringy, high-pulp fruits Fresh fruits with difficult-to-chew peels/skins (grapes) Dried fruits Sticky/chewy fruit items (fruit snacks, leather, roll ups)
Other	<ul style="list-style-type: none"> All seasonings Honey, Jams, Jellies, preserves Non-chewy, non-sticky candies 	<ul style="list-style-type: none"> Nuts, seeds, coconuts Chewing gum Chewy caramel/taffy Corn chips, potato chips Popcorn Relish

The table below includes additional notes the Menu Solutions team used when setting up IDDSI replacements in the BluePrint Menu Management System.

Food Group	IDDSI (Levels 4-7) Specific Guidelines
Grains	<ul style="list-style-type: none"> No cookies and cookie-like bars for all levels Plain chocolate brownies and brownie-like bars allowed, all other types of brownies and brownie-like bars not allowed on all levels Breadcrumbs aren't allowed on all level if used as topping/coating (mac & cheese, potatoes, nuggets), breadcrumbs are allowed if used within recipe and baked (ex. meatloaf, meatballs) Muffins are allowed if well moistened and have no bits of dried fruit, nuts, etc
Protein Foods	<ul style="list-style-type: none"> Allow all beans, do not need to strain
Vegetables	<ul style="list-style-type: none"> Bell peppers are allowed if cooked well, exclude if briefly sauteed or stir-fried Chili pepper skin is too tough, exclude raw All types of broccoli allowed on all levels if it is well cooked Allow cooked vegetables with seeds Oven brown potatoes treat like fries, not allowed on all levels
Fruits	<ul style="list-style-type: none"> Canned cranberry not allowed for any level
Misc	<ul style="list-style-type: none"> Orange and lemon zest not allowed on any levels All soups must be pureed for all levels, canned soup with celery can be pureed Frostings on top of cakes is allowed for all levels because it is mixed into recipe

Add IDDSI Diets to your Menu

Step 1: Ensure IDDSI Diets are not hidden - **Settings > Diet Settings > Diet Restrictions**

Sort By:	Description	Code	Color/Shape	Consistency	N...	Hide Restriction
145	Gluten Restricted	Gluten Restr		Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
150	Dysphagia Level 1: Pureed	Pureed		Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
160	Dysphagia Level 2: Mechanically Altered	Mech Altered		Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
170	Dysphagia Level 3: Advanced	Advanced		Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
171	IDDSI Level 3: Liquidized	LQ3	▼	Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
172	IDDSI Level 4: Pureed	PU4	▲	Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
173	IDDSI Level 5: Minced & Moist	MM5	▲	Diet Order	<input type="checkbox"/>	<input type="checkbox"/>
174	IDDSI Level 6: Soft & Bite-Sized	SB6	▲	Diet Order	<input type="checkbox"/>	<input type="checkbox"/>

Step 2: Add IDDSI Diets to menu cycle - **Edit Menu Cycle**

3 Select Diet Restrictions:

The diet restriction listed first will be used as the source for spreading.

IDDSI Level 3: Liquidized
 IDDSI Level 4: Pureed
 IDDSI Level 5: Minced & Moist
 IDDSI Level 6: Soft & Bite-Sized
 IDDSI Liquidised
 IDDSI Minced & Moist

Regular/No Added Salt
 Consistent Carbohydrate 3
 Consistent Carbohydrate 4
 Low Sodium
 Consistent Carbohydrate 5
 Cardiac

Spread Regular Menu to IDDSI Diets

Step 3: Spread Meals to IDDSI Diets from Edit Menus Screen

BluePrint Menu Management System™ >> Manage Menu Cycles >> Edit Menu Cycle >> Edit Menu

Week at a Glance Switch Cycle Copy Meals **Spread Meals** Save

Current Menu Cycle: IDDSI 2 Test Menu Press - Cycle II, 2020-2021 Owning Facility: US Foods | BluePrint Menu Approved (locked):

Day: 1 Meal: Breakfast Diet: Regular/No Added Salt Select a Report

ALT Add Items Delete Checked Copy Checked Spread Checked Delete by Spread Line

<input type="checkbox"/>	Name	Spread Line	Popularity Index
<input type="checkbox"/>	*Juice of Choice (bag in box) (6 oz)	6 FL OZ 10	1
<input type="checkbox"/>	*Cereal of Choice	Serving 20	1
<input type="checkbox"/>	*Fruit Fresh [bkfst]	1/2 cup 30	1
<input type="checkbox"/>	*Egg Omelet Western (scr) [bkfst]	2x3 square 40	1
<input type="checkbox"/>	*Toast Wheat	Slice 50	1
<input type="checkbox"/>	*Margarine & Jelly	Packet 60	1

Choose All Days, All Meals and spread to IDDSI Diets

Source

Diet Restriction: Regular/No Added Salt

Days:

Current (Day 1)

All Days

Range of Days:

Week

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Select All	1 8 15 22	2 9 16 23	3 10 17 24
Remove All	4 11 18 25	5 12 19 26	6 13 20 27
	7 14 21 28		

Meals:

All Meals

Breakfast(Current)

Lunch

Dinner

HS Snack

Target

Diet Restrictions:

Omitted

Consistent Carbohydrate 3
Consistent Carbohydrate 4
Low Sodium
Consistent Carbohydrate 5
Cardiac
Dysphagia Level 1: Pureed
Finger Foods
Liberal Renal

Select >
Select All >>
< Remove
<< Remove All

Spread To

IDDSI Level 3: Liquidized
 IDDSI Level 4: Pureed
 IDDSI Level 5: Minced & Moist
 IDDSI Level 6: Soft & Bite-Size

Review IDDSI Menu Replacements

Step 4: Review Diet Spreadsheet and Replacements – Menu Reports > Diet Spread Reports

Breakfast

	Regular/NAS	LQ3	PU4	MM5	SB6
Juice of Choice	6 FL OZ	X	X	X	X
Cereal of Choice	Serving	LQ 4oz ladle Hot Cereal	PU #8 scoop Hot Cereal	1/2 cup Hot Cereal	1/2 cup Hot Cereal
Fresh Fruit	1/2 cup	LQ 4oz ladle Fresh Banana	PU #8 scoop Fresh Banana	MM #8 scoop Fresh Banana	SB #8 scoop Fresh Banana
Egg	Egg	LQ 2oz ladle Scrambled Eggs	PU #16 scoop Scrambled Eggs	MM #16 scoop Scrambled Eggs	SB #16 scoop Scrambled Eggs
Bacon	Slice	No	No	No	No
Coffee Cake	2x3 square	LQ 2oz ladle Muffin	PU #20 scoop Muffin	MM #20 scoop Muffin	SB #20 scoop Muffin
Milk	8 FL OZ	X	X	X	X
Coffee or Hot Tea	8 FL OZ	X	X	X	X

For IDDSI Level 6: Serve one #8 scoop of a Soft & Bite Sized Fresh Banana in place of the Fresh Fruit

Lunch

	Regular/NAS	LQ3	PU4	MM5	SB6
Bacon Wrapped Beef Patty	3 ounces	LQ 4oz ladle Beef Patty	PU #8 scoop Beef Patty	MM 3 ounces Beef Patty	SB 3 ounces Beef Patty
Rissole Potatoes	1/2 cup	LQ 4oz ladle	PU #8 scoop	MM #8 scoop	SB #8 scoop
Prince Edward Veg Blend	1/2 cup	LQ 4oz ladle	PU #8 scoop	MM #8 scoop	SB #8 scoop
Wheat Dinner Roll or Bread	Roll/Bread	No	No	No	No
Margarine	Packet	No	X	X	X
Pudding Parfait	1/2 cup	LQ 4oz ladle	X	X	X
Milk	8 FL OZ		X	X	X
Beverage of Choice	8 FL OZ		X	X	X

All IDDSI Levels are not allowed to have bread and will not receive a menu item as a replacement

One 4oz ladle of Liquidized Pudding Parfait

Adjust IDDSI Replacements

- To change an IDDSI recipe replacement chosen by the Menu Solutions Team

Step 5: Adjust IDDSI Replacements as necessary with the **Recipe Profile**

Select: *Beef Patty Bacon Wrapped [3] (scr) - 0037463 - 3 ounces ◀ 1 of 1 ▶

General Info | Recipe | Measures | Service | Production | Purchasing | Inventory | Nutrition | Traits | **Replacements** | Basic Info | View List

Portion Unit: 3 ounces* (* denotes the default portion unit)

Edit Checked

<input checked="" type="checkbox"/> Diet Restriction	Serve
<input type="checkbox"/> Dysphagia Level 1: Pureed	Pureed Beef Patty [3] (scr) (0039937)
<input type="checkbox"/> Dysphagia Level 2: Mechanically Altered	Ground Beef Patty [3] (scr) (0038803)
<input type="checkbox"/> Dysphagia Level 3: Advanced	Ground Beef Patty [3] (scr) (0038803)
<input type="checkbox"/> IDDSI Level 3: Liquidized	*Beef Patty [3] (raw) (0037457)
<input checked="" type="checkbox"/> IDDSI Level 4: Pureed	*Beef Patty [3] (raw) (0037457)
<input type="checkbox"/> IDDSI Level 5: Minced & Moist	*Beef Patty [3] (raw) (0037457)
<input type="checkbox"/> IDDSI Level 6: Soft & Bite-Sized	*Beef Patty [3] (raw) (0037457)

For the selected diets:

- Serve the same item: *Beef Patty Bacon Wrapped [3] (scr) 3 ounces
- Serve a different item. (Click Search to choose.) **Search**
- Serve nothing
- Use Texture Modification

SB 3 ounces

Review Recipe Book

- IDDSI compliant recipes will have modification instructions at the bottom of the recipe
- If a recipe is not IDDSI compliant, there will be no modification instructions

Step 6: Review Recipe Book – Menu Reports > Recipe Book

Menu Planning Group: Entree Pork	*Pork Roast Maple Glazed [3] (scr) 0038725	Week 1 Day 1 -Lunch			
Portion Size: LQ 4 oz ladle	Cooking Temp: Internal Temp:	Serving Pan: Serving Utensil:			
<u>10 Serving</u>	<u>25 Serving</u>	<u>50 Serving</u>	<u>75 Serving</u>	<u>100 Serving</u>	
Bnls Pork Loin	3 Pound 1 Ounce	7 Pound 12 Ounce	15 Pound 4 Ounce	23 Pound	30 Pound 8 Ounce
Bulk Maple Syrup	1/4 Cup 2 1/3 Tablespoon	1 Cup	2 Cup	3 Cup	1 Quart
<p>1. Cook roast in oven at 325 F for 2 to 2- 1/2 hours, or until done. Brush maple syrup on roast every 20 minutes while cooking.</p> <p>2. Remove from oven and let cool for 30 minutes before slicing.</p> <p>CCP: Cook to a minimum internal temperature of 145 degree F (63 degree C) for 4 minutes. CCP: Hold or serve hot food at or above 135 degree F.</p>					
<p>IDDSI Level 6 – Soft & Bite Sized: Chop/cut food into pieces = 15mm by 15mm in size. Use the Fork Pressure Test to confirm texture is within IDDSI Level 6 specifications.</p> <p>IDDSI Level 5 – Minced & Moist: Measure desired # of servings into a food processor. Mince until food pieces are = 4mm by 4mm in size. Use the Fork Drip Test and the Spoon Tilt Test to confirm texture is within IDDSI Level 5 specifications.</p> <p>IDDSI Level 4 – Pureed: Measure desired # of servings into a food processor. Blend until smooth. Use the Fork Drip Test and the Spoon Tilt Test to confirm texture is within IDDSI Level 4 specifications.</p> <p>IDDSI Level 3 – Liquidized: Measure desired # of servings into a food processor. Blend until smooth. Use the Flow Test and the Fork Drip Test to confirm texture is within IDDSI Level 3 specifications.</p> <p>NOTE: For any of the above modified texture diets: Add small amounts of gravy, sauce, vegetable juice, cooking water, fruit juice, milk, or half and half to meet desired consistency. Drain and discard any excess liquid that has separated from the solid food pieces. Add commercial thickener if product needs thickening. Based on type and amount of liquid/thickener added in texture modification process, nutrition information may vary.</p>					
Finger Foods: Cut into bite sized pieces & serve appropriate sauce or gravy on side for dipping.					


Optional: Assign IDDSI Diets to Residents

Step 7: Assign IDDSI Diets to Residents – Manage Residents > Diet Order

White, Mrs. 5 of 5 Tray Card


*Last Name: First Name: Middle Name:

*Room: *MRN: Billing Id:



Diet Order:  MM5 Allergies: Peanuts

General Info **Diet Order** Meal Service Allergies Dislikes/Substitutions Supplements/Preferences Prep Notes

Diet Order: IDDSI Level 5: Minced & Moist

Color/Shape	Diet Restriction (* Indicates Menu Cycle Diet)	Short Name
	IDDSI Level 5: Minced & Moist	MM5

Step 8: Review Tray Cards/Tickets

Mrs. White	Breakfast
Room 303	Tuesday, July 7, 2020
 IDDSI Level 5: Minced & Moist	
Allergies:  Peanuts	
Dislikes: Bacon, Onion Raw	
Equipment: Equipment Lip Plate, Equipment Bib	
Preferences: Splenda (PC)	