

What is IDDSI?

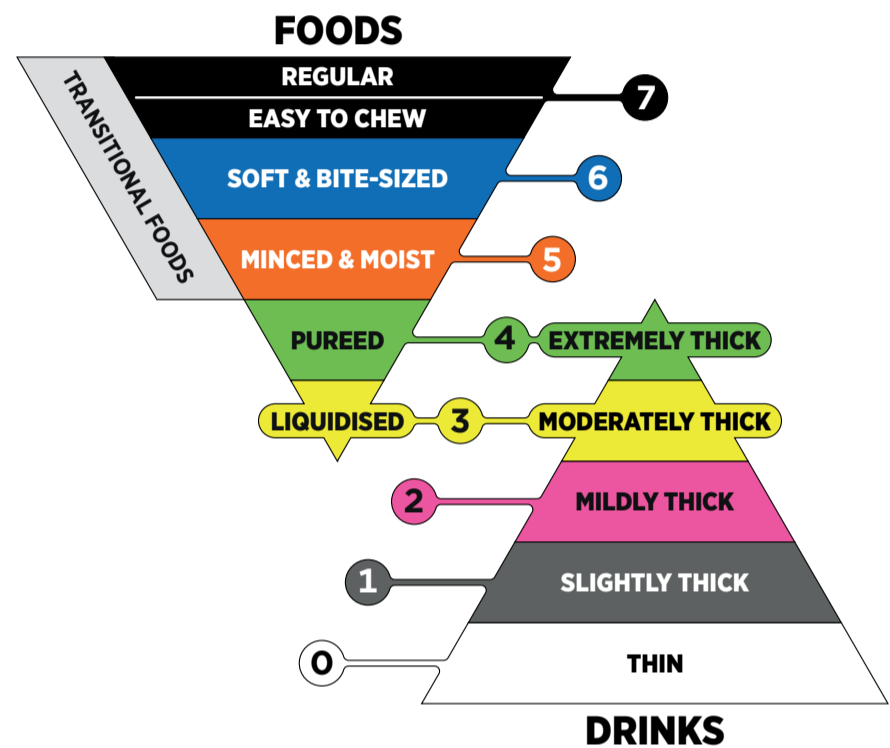
The 'International Dysphagia Diet Standardisation Initiative' also known as IDDSI is a global standard that describes Texture Modified foods and liquids. It is the result of a collaboration of industry professionals, including dietitians, speech and language therapists and occupational therapists.

What is the aim?

The aim is to have a common language that can be used for technical, cultural, professional and non professional use.

What are the changes?

In 2019 the IDDSI framework replaced the National Descriptors that were used, which ran from textures B – E. The IDDSI framework consists of eight levels, ranging from zero to seven and is the first framework of its type to include drinks and foods together.



Label Info

Our labels feature the IDDSI levels to help you easily identify textures.

It is therefore important to understand how to recognise the correct meal for your resident's, to do this check for the following indicators;

LEVEL 6 WILTSHIRE EST. FARM 1991 **LEVEL 6**
SOFT & BITE-SIZED **FOODS** SOFT & BITE-SIZED

Chicken in a Creamy Mushroom Sauce

cooked chicken* pieces in a creamy mushroom sauce, served with fried potato with a West Country Cheddar cheese and garlic sauce, and mashed butternut squash and root vegetables

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Stir before serving.

MICROWAVE			OVEN
700 Watt/Cat: D	800 Watt/Cat: E	900 Watt/Cat: E	Pre-heated oven: 160°C/325°F/Gas 3-4 Fan oven: 140°C/275°F 50 mins or longer if required
11 mins 30 secs	10 mins 30 secs	9 mins 30 secs	
Stand for 2 mins	Stand for 2 mins	Stand for 2 mins	

Store at -18°C, do not refreeze once thawed

Ingredients: water, cooked formed chicken (17%), potato, swede, sweet potato, carrot, cauliflower, onion, West Country Cheddar cheese (milk), celeriac (celery), cream (milk), dried milk, parsnip, cornflour, vegetable oils (rapeseed, sunflower), garlic, salt, starch, parsley, tarragon, sage, yeast extract, pepper, stabilisers (diphosphates, triphosphates), mushroom powder, ground bay leaf, sugar, **mustard** powder, natural flavouring, dextrose, chicken stock.
Allergy Advice: For allergens see ingredients in **bold**. Gluten Free.
Prepared to meet level 6 for adults.

*formed chicken

360g e **21 7349**

Nutrition information (as consumed)

Typical values	Per 100g	Per Meal
Energy	405kJ	1458kJ
	97kcal	348kcal
Fat	4.0g	14g
of which saturates	1.7g	6.3g
Carbohydrate	8.7g	31g
of which sugars	2.3g	8.3g
Protein	6.0g	22g
Salt	0.47g	1.7g

GB W0101 BEST BEFORE END

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- 1 The new IDDSI level and name are on the left and right.
- 2 The IDDSI symbol is on the bottom right of the label including the level of the product and the co-ordinating colour.

What are the implications of getting it wrong?

The risk to a resident's safety and wellbeing from swallowing difficulty can be very serious. If a resident is given food not suitable for their condition it can cause blocking of their windpipe or for the resident to aspirate food and liquid into the lungs, leading to infections and aspiration pneumonia. In both instances this can, in the most severe cases, cause death.

What should you do if you are unsure?

If you are in any doubt about a resident's condition or which meal is suitable for them, please contact your Speech & Language team. For any questions please contact your apetito catering consultant or visit; www.apetito.co.uk/iddsi

