

What Aged Care chefs need to know about IDDSI

The International Dysphagia Diet Standardisation Implementation (IDDSI) has been officially in place since May 1, 2019. The standardisation has been presented in a way which is easy to understand & very simple to implement across all areas where people with Dysphagia are affected.

For Aged Care, the changes and standardisations will require an adjustment in how foods are referred to and how they are tested so there is consistency for each texture level.

Two Key Changes

1) Global Standardisation

The IDDSI framework is internationally recognised by everyone who works with people with dysphagia; Speech Pathologists, Dietitians, Chefs, Nutritionists, Nurses, Kitchen staff & Clinicians.

Once fully implemented, there will be less ambiguity & less adaptive training required when people move between roles and workplaces.

2) New texture levels

There are new texture levels being introduced so diets can be more tailored to the individual needs of people.

The numbers and colours of each level of thickness have been internationally standardised so they are to understand at a glance.

What next for Aged Care Chefs

1) Understand the new framework

The [IDDSI website](http://www.iddsi.org) provides a comprehensive guide to the changes as well as a full resource library and translation service (all free).



2) **Modify your menus**

Update your menus and resident files to accurately reflect the changes and ensure they comply with the new standardisation. See examples below.

3) **Share the new framework**

Make sure your kitchen staff, service staff and nurses have all received instructions about the new standardisation so everyone is using the same terminology and testing methods.

Examples of menu adaptations

Meat

Understanding which cut of meat produces a more tender result when cooked is important. 'Working muscles' such as chicken thighs, beef blade and lamb shanks can be texturised more easily. Slicing across the grain can help create a Level 5 Minced and Moist texture.

Cooking

Moisture retention when cooking helps with the more pureed levels and can be as simple as leaving the lid on the pot while cooking so the food doesn't dry out at all.

Legumes such as lentils and chickpeas can be soaked for 30 minutes in cold water then ground down to the desired size for the texture level you wish to achieve.

Additional ingredients

Adding cheese can help increase the flavour but it also tends to increase the level of stickiness in the food as well. Chefs have found Parmesan cheese to be less sticky, yet with all the flavour.



Is the IDDSI Framework voluntary?

A message from Dr Julie Cichero, Australian IDDSI Project Officer:

“The IDDSI Framework is voluntary in the same way that the Australian Terminology is voluntary. It is best practice and endorsed by DAA, Speech Pathology Australia and the Institute of Hospitality in Health Care. There are many hospitals and facilities around Australia that are implementing IDDSI. Even if an aged care facility chooses to stay with the Australian standards, they will need to understand the IDDSI Framework as new residents or those returning from hospital will come back with IDDSI diet terminology. They will need the ‘currency converters’.

The Australian standards are evidence-based, they were published in 2007, and they are now outdated. The IDDSI Framework was developed using best practice guideline development practices and is being implemented internationally.

There are many resources available on the IDDSI website in the resources section, including Australia specific resources such as posters, webinars and consumer handouts.”

Great IDDSI resources for Chefs

1. [Tips for preparing texture modified food](#) from Chef Tibor Paller
2. [4 tips to serve great puréed food](#)
3. [Sandwich ideas for texture modified diets](#)
4. [Watch: Puréed food MasterClass](#) from Chef Mark Baylis
5. [IDDSI Framework](#)
6. [IDDSI Resources](#)

References:

Thanks to our partners at Unilever for this [information](#).



IDDSI Organisation: <https://iddsi.org>

