

FAQ Category: Foods; Choking; Aspiration

Q: Why are ‘mixed consistency’ or ‘dual consistency’ or ‘two phase’ foods considered a choking risk?

A: As a general rule, ‘mixed’ or ‘dual consistency’ foods are considered a regular food texture (Level 7) and are not permitted on other food levels. Mixed or dual consistency foods by definition include both solids and liquids (e.g. vegetables in a soup broth). During oral preparation, this requires the ability to manage both components. Research has shown that the liquid component of these types of foods spill into the pharynx and collect there during chewing of the solid component (Saitoh et al., 2007). This may represent an increased aspiration risk in people with dysphagia. In some cases, the liquid is swallowed first so that the solid portion can be chewed, however this requires the ability to safely separate the liquid and solid components in the mouth. Considerable oral skill is required to manipulate and control “mixed” or “dual” consistency foods and for this reason they are considered particularly challenging and a choking risk. “Mixed or dual” consistency foods are only suitable for people who can safely manage the combination of both Level 7 (Regular foods) and Level 0 (Thin liquids).

References:

Saitoh E, Shibata S, Matsuo K, Baba M, Fujii W, Palmer JB. Chewing and food consistency: Effects on bolus transport and swallow initiation. *Dysphagia*. 2007;22: 100–7.



This document is to be read in conjunction with the Complete IDDSI Framework, IDDSI Testing Methods and IDDSI Evidence documents (<http://iddsi.org/resources/framework/>).

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