

## FAQ Category: Foods

**Q:** For foods like soup that need to meet Level 3- Liquidised food texture requirements do I just blend with water to meet this consistency?

**A:** No. While the IDDSI Framework addresses texture, we understand that individuals with swallowing disorders are at high risk of protein-energy malnutrition and that texture modified meals may make it difficult to meet nutritional needs (Finestone & Green, 2003; Wright et al., 2005; Taylor & Barr, 2006; Charlton et al., 2010). Blending food with water dilutes the nutrient and energy content of the blended food. Nutrient rich alternatives such as milk, butter, cream, cheese, gravy, creamy soup or sour cream could be used to bring the food to a liquidised thickness. However, please consult a Dietitian or Nutrition Specialist to ensure that texture modified foods retain nutrients, and their ability to meet individuals' energy needs.

### References:

Charlton KE, Nichols C, Bowden S, Lambert K, Barone L, Mason M & Milosavljevic M. Older rehabilitation patients are at high risk of malnutrition: Evidence from a large Australian database. *Journal of Nutrition, Health & Aging*, 2010; 14(8): 623-628.

Finestone, HM & Greene-Finestone LS. Rehabilitation Medicine: 2. Diagnosis of Dysphagia and its nutritional management for stroke patients. *Canadian Medical Association Journal*. 2003; 169(10): 1041-4.

Taylor KA & Barr SI. Provision of small frequent meals does not energy intake of elderly residents with Dysphagia who live in an extended-care facility. *Journal of the American Dietetic Association*. 2006; 106: 1115-1118

Wright L, Cotter D, Hickson M & Frost G. Comparison of energy and protein intakes of older people consuming a texture modified diet with a normal hospital diet. *Journal of Human Nutrition and Dietetics*. 2005; 18: 213-219.



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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