**How to Ease IDDSI Implementation**

If you've brought up “IDDSI” at your facility, you may have received one of these responses to IDDSI and its 8 levels of foods & liquids:

● “I don't want to change.”

● “NDD is fine with me!”

● "There are too many levels on IDDSI."

● "But there's no bread? What will we serve?!”

● "Our pureed foods can't pass the IDDSI Spoon Tilt Test. What does that mean?”

**IDDSI food, and fluid, facts to help YOU get your game plan in motion!**

**Note: ALL LEVELS MAY NOT BE APPROPRIATE FOR ALL SETTINGS. EACH ORGANIZATION DETERMINES THE LEVELS THEY WILL ADOPT. HOWEVER, NO CHANGES CAN BE MADE WITHIN LEVELS in order to protect patient safety and integrity of the IDDSI initiative .**

● Level 1 is a new liquid viscosity of Slightly Thick. This may be good for people who swallow this consistency without aspiration and who find mildly thick/nectar thick too thick and refuse it. **Watch for new products being developed!**

● Level 2, 3, and 4 liquids are similar to NDD, but with more refined measurements for patient safety and consistent product. And IDDSI Flow Test added! **IDDSI Flow Test accurately measures liquids for safety. These are often the easiest levels to switch over to!**

● Level 3 food and drink levels share the same description and testing methods.

● Level 4 food and drink levels share the same description and testing methods.

● Level 7 is regular texture; Level 0 is thin liquids. **NO CHANGES!**

**So, instead of 8 levels to worry about, focus on the food levels 4/pureed through 7/Easy To Chew.**

● Level 4 puree may be somewhat similar to your current puree. Use IDDSI testing tools to determine. **Bonus: Improve food quality and produce a consistent product!**

● Level 6 and 5 are often easiest to compare together. **Streamline efforts: test food for both levels at the same time! Identify adjustments to recipes for both level 6 and 5; re-test and confirm if safe to serve.**

● 7 Easy to Chew often aligns well with NDD level 3 or YOUR least restrictive texture modified diet. **Compare and adjust the menu!**

**You’ll discover additional “IDDSI-ready” items through the testing process in your kitchen.**