**How is IDDSI solving safety issues?**

**A specific focus on mixed consistency foods & bread.**

**Mixed consistency foods** were not a main focus within NDD, although it did mention “consider assessing tolerance for mixed consistency foods.” In contrast, IDDSI expects assessment of mixed consistencies prior to providing diet recommendations. Mixed consistencies are not considered safe on IDDSI food levels of 4-6, as they are challenging to handle for many people with dysphagia. Patients who aspirate thin liquids will be at high risk for aspirating mixed consistency foods. After a thorough evaluation, the clinician may recommend an exception be written into the diet orders.

**Bread** was not recommended on most NDD diets. However, varying interpretations of the NDD diet led to bread being frequently offered. In contrast, bread is not included in IDDSI food levels 3-6, due to the high choking risk for people with dysphagia as documented in research. Bread is as hard to orally process as an apple, and people tend to swallow it before it is fully processed and “swallow ready.” Research and actual practice provides eye opening data on the direct connection between bread and choking events that frequently end in death. (Irwin et al., 1977; Ekberg & Feinberg, 1992; South Australia Coronial Inquest, 1997; Wick et al., 2006; Berzlanovich et al., 1999, 2005; Food Safety Commission of Japan, 2010; Licea, 2016).

***Provide patients and families with education of the risks versus benefits of these types of foods.***

Check the website at IDDSI.org for additional resources including the Frequently Asked Question Tab. The following is a summary of an explanation of mixed consistency from these resources:

