FAQ Category: Foods

Q: Jelly is typically not included on dysphagia diets, why is Japanese Dysphagia Training Jelly included (Transitional Foods)?

A: Jelly made with gelatin is typically not included in dysphagia diets as it often breaks apart in the mouth due to the increase in temperature from cold to warmer body temperature making it more challenging to swallow. Jelly, however, can be made from a number of different substances and these substances may behave quite differently to each other in the mouth. For example, jelly made with konjac (also known as glucomanan, conjac, Konnyaku, taro powder or yam powder) has been identified as a particular choking risk based on its association with choking deaths. This has resulted in the ban of jelly cups containing konjac in a number of countries around the world (Japanese Food Safety Commission, 2010). However, in Japan jelly made with carrageenan and locust bean gum or locust bean gum and Xanthan holds together in the oral phase, is resistant to tongue palate pressure and does not fracture and release water. It also provides a slippery texture that has been shown to facilitate the rehabilitation of swallowing function. In addition to these textural properties, the Japanese Dysphagia Training jelly is specifically cut to a size that facilitates swallowing whilst avoiding choking risk (1 x 15 mm).

Example of Japanese dysphagia training jelly - note size has been cut to 1mm x 15 mm

Source: http://image.rakuten.co.jp/iryosyoku/cabinet/03511530/03511532/img59981825.jpg

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/).