

Describing Food and Fluid Consistencies: Where to find the descriptors

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global standard to describe texture modified foods and thickened drinks for individuals with swallowing difficulties of all ages, in all settings. It is the responsibility of nursing and care homes to use the correct terminology and full details are available at www.iddsi.org

The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by labels, numbers and colour codes to improve safety and identification. The standardised descriptors allow for consistent production and testing of thickened drinks and texture modified foods. A framework for audit of consistencies is also available on the website, as well as IDDSI frequently asked questions (FAQs).



The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/framework/>. Attribution is NOT PERMITTED for derivative works incorporating any alterations to the IDDSI Framework that extend beyond language translation. Supplementary Notice: Modification of the diagrams or descriptors within the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI framework may lead to confusion and errors in diet texture or drink selection for patients with dysphagia. Such errors have previously been associated with adverse events including choking and death.