



YOUR GUIDE TO SAFE SWALLOWING AND EASY EATING

INFORMATION BOOKLET FOR PATIENTS AND CARERS

Patient Name:

This booklet is intended for patients, and carers, who have been prescribed Nutilis Clear by a healthcare professional.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.



IMPORTANT INFORMATION

Patient name:

Date:

You have been advised to take the following:

Fluids (drinks)				
Level 0 Thin Drinks <input type="checkbox"/>	Level 1 Slightly Thick <input type="checkbox"/>	Level 2 Mildly Thick <input type="checkbox"/>	Level 3 Moderately Thick <input type="checkbox"/>	Level 4 Extremely Thick <input type="checkbox"/>

Food				
Level 7 Regular/Easy to Chew <input type="checkbox"/>	Level 6 Soft and bite-sized <input type="checkbox"/>	Level 5 Minced and moist <input type="checkbox"/>	Level 4 Pureed <input type="checkbox"/>	Level 3 Liquidised <input type="checkbox"/>

More information:

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Your dietitian:

Phone:

Your speech and language therapist:

Phone:

The advice in this booklet does not replace the advice of your healthcare professional. Everyone's needs are different so please ask your healthcare professional if you are unsure about anything.

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UNDERSTANDING DYSPHAGIA

This booklet is for people who have been diagnosed with swallowing difficulties by their speech and language therapist or doctor and prescribed Nutilis Clear.

WHAT IS DYSPHAGIA?

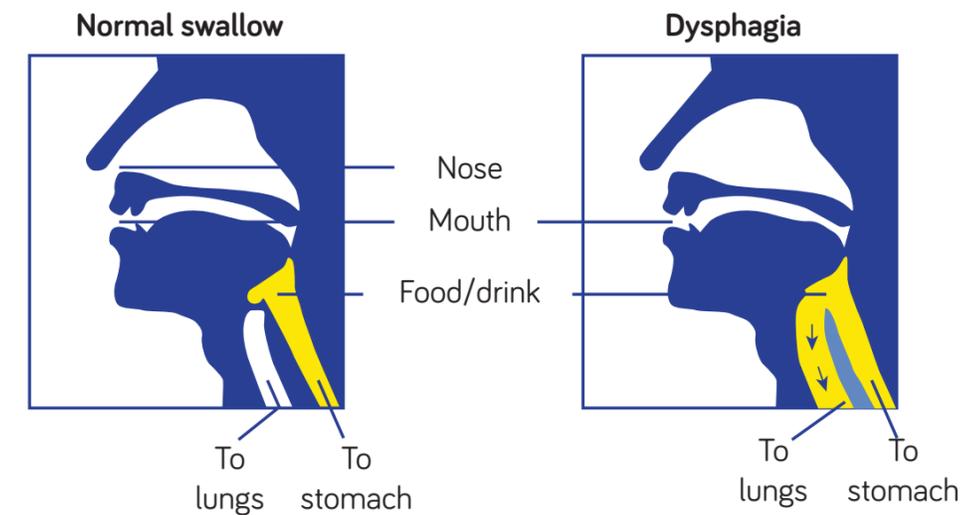
Dysphagia is the medical name for swallowing difficulties. Dysphagia happens when the muscles we use for chewing and swallowing (lips, jaw, tongue, palate and throat muscles) become weak and difficult to move. For example, this can happen if you have any of the following conditions:

- Stroke
- Dementia
- Multiple sclerosis
- Cerebral palsy
- Head injury
- Mouth or throat cancer
- Parkinson's disease
- Motor neurone disease
- Surgery to head and neck
- Intellectual disabilities
- Chronic Obstructive Pulmonary Disease or respiratory (lung) disease



WHAT IS ASPIRATION?

Aspiration is the medical name for food and drink that 'goes down the wrong way'. It is caused by weakness of the mouth and throat muscles or loss of co-ordination from the nerves that control these muscles. What happens is that food or drinks enter the airway and travel down into the lungs instead of the stomach. This can cause chest infections and pneumonia.



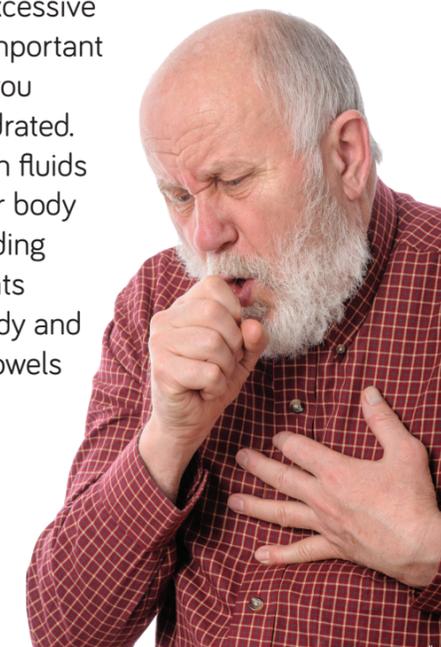
SIGNS THAT YOUR SWALLOW MAY NOT BE WORKING WELL:

Short term:

- Coughing and a feeling of choking when you are swallowing food or drink
- Food or drink 'going down the wrong way'
- Coughing fits, during or after mealtimes
- A wet or gurgly voice after eating or drinking
- Food left in the mouth after a meal
- Eating slower than usual or leaving food on the plate
- Losing weight
- Feeling 'chesty' or unwell
- Feeling there is a lump stuck in your throat

Longer term:

- Significant, unintended weight loss
- Fatigue (extreme tiredness)
- A lot of chest infections
- Dehydration (excessive dryness). It is important to ensure that you are keeping hydrated. Drinking enough fluids helps all of your body functions, including carrying nutrients around your body and keeping your bowels regular



WHO CAN HELP?

Your speech and language therapist and dietitian can help you to manage the dysphagia. Doctors, nurses and other healthcare professionals may also be involved in your care.

YOUR SPEECH AND LANGUAGE THERAPIST WILL:

- Assess you fully to diagnose any swallowing difficulties.
- Check the strength and co-ordination of the muscles in your mouth and throat and your ability to swallow safely.
- Recommend foods and drinks which are easier and safer to swallow.
- Show you exercises and positions to make swallowing easier and safer.

YOUR DIETITIAN WILL:

- Monitor your weight and, if necessary, what you are eating and drinking.
- Recommend good food choices that meet your nutritional needs.
- Advise you about 'fortifying' your food if you need to. Fortifying refers to simple ways to strengthen regular foods and drinks with more energy and or protein. This can help to maintain weight and muscle mass. For example, adding cream to soups makes them higher in calories.
- Recommend special nutritional drinks if you are finding it difficult to meet your nutritional needs.



SAFE SWALLOWING ADVICE AT MEALTIMES

1. Sit upright.
2. Stay upright for at least 30 minutes after every meal or drink.
3. Do not eat or drink when you are lying down as it is difficult and unsafe to swallow in this way.
4. Eat slowly.
5. Try not to talk while eating or drinking.
6. Take small amounts at a time, especially of liquids.
7. Avoid foods that may be difficult to swallow, for example minestrone soup, fruit and vegetables with skins such as peas, and stringy food such as celery. See page 14 for foods that may be difficult to swallow.
8. Never use a straw for drinking unless your speech and language therapist tells you to.
9. Look in a mirror or ask a family member or friend to check your mouth after you eat to make sure there's no food left in your mouth.



IMPORTANT NOTES FOR FAMILY AND CARERS

Do not give food or drinks to someone with swallowing problems unless they are fully alert.

Always follow the instructions on Nutilis Clear and store it safely.

Do not leave Nutilis Clear within reach of patients who may be unable to use the product safely.

MANAGEMENT OPTIONS

One way to manage swallowing difficulties is to change the consistency of your food and drinks. Your speech and language therapist will explain how to do this.

DRINKS

- You may need to thicken your drinks to a safer consistency for swallowing. To help you do this, your speech and language therapist has recommended a thickening powder called Nutilis Clear.
- There are different levels of thickening (Level 1, Level 2, Level 3 and Level 4). Your speech and language therapist will tell you which level you need and explain how to thicken your drinks. There are also guidelines in this booklet, starting on page 16.
- Thickened drinks move slowly in the mouth and throat. **This gives you more time to protect your airway and swallow them safely.**



FOOD

- You may need soft, minced or puréed food that is easier to chew and swallow. Your speech and language therapist can recommend the best consistency for you.
- Some foods are difficult to swallow. You may have to avoid foods like brown bread, nuts, crumbly biscuits, and so on. **Please see page 14 for foods that may be difficult to swallow.**



EXERCISE

- You may need to do special exercises to strengthen the muscles used in biting, chewing and swallowing food. Your speech and language therapist will advise you on these, if you need them.

MODIFIED TEXTURE DIETS

WHAT ARE MODIFIED TEXTURE DIETS?

Your speech and language therapist may recommend a change in the texture of your diet if you are at risk of choking or food or drink going down the wrong way.

The food textures are:

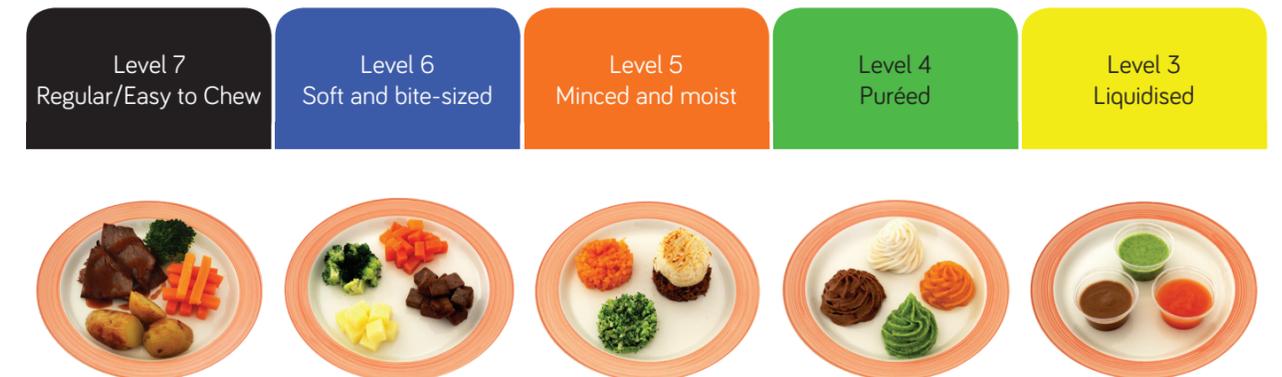
Level 7 = Regular/Easy to Chew

Level 6 = Soft and bite-sized

Level 5 = Minced and moist

Level 4 = Puréed

Level 3 = Liquidised



Your speech and language therapist will tell you which texture diet you should follow.

*Please see the IDDSI framework for full food and fluid descriptions/characteristics at: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

WHAT IS A LEVEL 6 SOFT AND BITE-SIZED DIET?



* See Appendix 1 for which foods to eat

Description/characteristics
<ul style="list-style-type: none"> • Can be eaten with a fork, spoon or chopsticks • Can be mashed/broken down with pressure from fork, spoon or chopsticks • A knife is not required to chop this food but may be used to help loading a fork or spoon • Chewing is required before swallowing • Soft, tender and moist throughout but with no separate thin liquid • Bite-sized pieces (Paediatric 8mm; Adult 1.5cm)

Note: If you have special dietary needs, for example a food allergy, coeliac disease, renal (kidney) disease or diabetes, please tell your dietitian before you start a modified texture diet.

*Please see the IDDSI framework for full food and fluid descriptions/characteristics at: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

WHAT IS A LEVEL 5 MINCED AND MOIST DIET?



* See Appendix 2 for examples

Description/characteristics
<ul style="list-style-type: none"> • Can be eaten with a fork or spoon • Could be eaten with chopsticks in some cases, if the individual has very good hand control • Can be scooped and shaped (e.g. into a ball) on a plate • Soft and moist with no separate thin liquid • Small lumps visible within the food (Paediatric 2mm; Adult 4mm) • Lumps are easy to squash with the tongue

Note: If you have special dietary needs, for example a food allergy, coeliac disease, renal (kidney) disease or diabetes, please tell your dietitian before you start a modified texture diet.

*Please see the IDDSI framework for full food and fluid descriptions/characteristics at: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

WHAT IS A LEVEL 4 PURÉED DIET?



Description/characteristics

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or moulded
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

Note: If you have special dietary needs, for example a food allergy, coeliac disease, renal (kidney) disease or diabetes, please tell your dietitian before you start a modified texture diet.

*Please see the IDDSI framework for full food and fluid descriptions/characteristics at: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

WHAT IS A LEVEL 3 LIQUIDISED DIET?



Description/characteristics

- Can be drunk from a cup
- Some effort is required to suck through a standard bore or wide bore straw
- Cannot be piped, layered or moulded on a plate
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required - can be swallowed directly
- Smooth texture with no 'bits' (lumps, fibres, bits of shell or skin, husk, particles of gristle or bone)

Note: If you have special dietary needs, for example a food allergy, coeliac disease, renal (kidney) disease or diabetes, please tell your dietitian before you start a modified texture diet.

*Please see the IDDSI framework for full food and fluid descriptions/characteristics at: (c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

FOODS THAT MAY BE DIFFICULT TO SWALLOW

Some foods can be particularly difficult to swallow safely. Some will need extra care and you should avoid others altogether. Your speech and language therapist or dietitian will advise what's best for you.

Below is a list of types of food that may be difficult to eat:

- Stringy, fibrous texture, for example pineapple, celery, runner beans, lettuce, bacon
- Vegetable and fruit skins, for example broad beans, baked beans, soya beans, peas, grapes
- Mixed consistency foods, for example soup with lumps, stewed fruit, mince with thin gravy, hard, gritty cereals such as muesli which do not blend with milk
- Crunchy foods, for example toast, biscuits, crackers, nuts, flaky pastry, crisps
- Crumbly items, for example bread or pie crusts, crumble biscuits
- Hard foods, for example boiled and chewy sweets and toffees, nuts and seeds
- Husks, for example sweetcorn, brown breads, seeds, beans, popcorn



Lettuce



Nuts



Cereal



Popcorn

NOTE:

Avoid ice cream, ice pops or jelly unless your speech and language therapist tells you they are okay for you. Ice cream and ice pops turn to thin liquid in the mouth, and jelly breaks up into small pieces that are hard to control.



THICKENED FLUIDS

Your speech and language therapist has recommended that you drink thickened drinks to make sure your swallow is as safe as possible.

By thickening your fluids, drinking may become easier and safer for you. If you are in hospital, you will be given thickened drinks. At home, your GP (family doctor) will prescribe the thickener for you. You can use a thickener in both hot and cold drinks. The thickener that your speech and language therapist has recommended is called Nutilis Clear.

THE DIFFERENT LEVELS OF THICKENING

Level 1 - Slightly thick

- Thicker than water
- Requires a little more effort to drink than thin liquids
- Flows through a straw or syringe

Level 2 - Mildly thick

- Flows off a spoon
- Sippable, pours quickly off a spoon but slower than thin drinks
- Effort is required to drink this thickness through a standard straw

Level 3 - Moderately thick

- Can be drunk from a cup
- Some effort is required to suck through a standard or wide straw
- Easily pours from spoon when tilted
- Cannot be piped, layered or moulded
- Cannot be eaten with a fork because it drips through the prongs

Level 4 - Extremely thick

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate



WHAT IS NUTILIS CLEAR?

You have been prescribed a thickener called Nutilis Clear.

- It is important to thicken all fluids following the guidelines you have been given by your speech and language therapist.
- Nutilis Clear does not change the taste of the drink or food. Nutilis Clear is available on prescription.
Republic of Ireland only: It is also available on your medical card, under the drugs payment scheme and for some conditions supported by the long term illness scheme. Please consult your healthcare professional for further information.
- Once you open a tin of Nutilis Clear, you should store it in a cool, dry place and use within 2 months.
- Nutilis Clear is both gluten-free and lactose-free, and is suitable for vegetarians and vegans. If you have any questions about possible allergens in Nutilis Clear, please contact the Nutricia Medical Resource Centre:
ROI: 1800 412 414 or dietitians.ireland@nutricia.com
NI: 0800 028 3416 or dietitians.ireland@nutricia.com
UK: 01225 751098 or resourcecentre@nutricia.com
- Nutilis Clear is designed to mix easily with fluids and can be added to hot or cold drinks. Thickened food and drinks can be chilled, frozen or reheated. Please note that the quantity of Nutilis Clear you need may vary slightly depending on the temperature or thickness of the liquid to be thickened.
- Due to differences in the nutritional composition of drinks, standing times may vary (e.g. milk).



Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.

HOW DO I USE NUTILIS CLEAR?

For best results, Nutilis Clear can be mixed using a fork, whisk or shaker. It is recommended to first place the powder all at once in the glass/cup/shaker and then add the liquid, but it is also possible to add the powder second, after the liquid.



1 Put the correct amount of Nutilis Clear into a clean, dry cup or glass. Your speech and language therapist will tell you what the correct amount is for you.



2 Add 200ml of the drink or liquid to the powder (use a measuring jug to measure 200ml).



3 Stir vigorously for 15-30 seconds.



4 Leave to stand until the drink has reached the desired consistency.



5 Stir gently for 5 seconds and serve.



Scoops of Nutilis Clear per 200ml of liquid

	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
Scoops required for fluids per 200 ml	1 Scoop	2 Scoops	3 Scoops	7 Scoops

GETTING THE MOST OUT OF NUTILIS CLEAR

Using Nutilis Clear correctly will mean that the drinks you thicken will keep their flavour and appearance.

We recommend that you prepare the food or drink shortly before serving and use within two hours.

GENERAL TIPS FOR USAGE:

- Use only the scoop provided in the tin.
- Add all the powder at once.
- Always measure the liquid you need, for example 200ml.
- To avoid lumps, stir as soon as you add the liquid to the powder.
- Stir quickly.
- To prevent air bubbles, stop stirring as soon as the powder has dissolved.

Thickening hot drinks:

- Allow the drink to cool slightly before adding Nutilis Clear.
- If thickening tea or coffee, always add the milk and sugar to the drink before adding to the thickener.



Thickening carbonated (fizzy) drinks:

- For best results, stir for about 15 seconds to release some of the bubbles before adding the powder.



MEETING YOUR NUTRITIONAL NEEDS

It may be difficult to meet your body's needs for food and fluids when you have swallowing difficulties. It can take longer for you to finish a meal and sometimes soft, minced, puréed or liquidised meals are less nutritious than normal meals.

For this reason, it is important to plan your meals to make sure they meet your protein, calorie and overall nutrient needs. Otherwise, you may lose weight. It is important to **weigh yourself every week and keep a note of your weight**. Top tip: weigh yourself on the same day each week and at the same time, in the morning before breakfast and before you get dressed

If you have been sick, it is particularly important to make sure you eat and drink enough every day. This may help prevent weight loss and help you regain any weight you have already lost.

WHAT CHANGES CAN I MAKE TO THE WAY I EAT?

- Eat 'little and often'. Aim for 3 meals a day and at least 2 nutritious drinks or snacks between meals.
- Try to include some carbohydrate at every meal, for example cereal, porridge, pasta, rice or potato. Carbohydrates help to keep up your energy levels throughout the day.
- Try to eat a source of protein in at least 2 of your main meals, for example, chicken, egg, fish, beans or meat. Protein is your body's 'building block' and is vital to maintain muscle mass, fight infection and repair wounds.
- Try not to drink too much around meal times as this may make you feel full quicker and prevent you from finishing your meal.
- Try to add extra calories and protein to your meal to make it as nourishing as possible (see the tips on page 22).

ORAL NUTRITIONAL SUPPLEMENTS

Your dietitian or doctor may recommend that you take oral nutritional supplements. These are high in calories and protein, and may help you meet your daily nutritional needs.

DID YOU KNOW...

Around **75%** of people with dysphagia suffer from dehydration (excessive dryness). You might not feel as thirsty as you used to, but it is important to ensure that you are keeping hydrated. Drinking enough fluids helps all of your body functions, including carrying nutrients around your body and keeping your bowels regular.



Dehydration (excessive dryness) can cause confusion, drowsiness, dry mouth and constipation.

It is important that you take enough thickened drinks every day to prevent dehydration. Aim for 8 cups every day. If you are having difficulty managing to drink enough, please speak to your dietitian, doctor or nurse.

WHICH DRINKS TASTE GOOD WHEN THICKENED?

- Juices
- Squashes which you dilute with water
- Tea and coffee
- Water — tastes better if a little flavour is added, for example squash
- Milk



Tip! Try to have both hot and cold drinks throughout the day. You may like to include a variety of sweet and savoury options.

TIPS TO HELP IMPROVE YOUR DIETARY INTAKE

People who need a modified texture diet may find it difficult to eat all the food they need. Here are some tips that may help prevent you from losing weight.

Please check with your speech and language therapist or dietitian to see which of these foods are suitable for you.

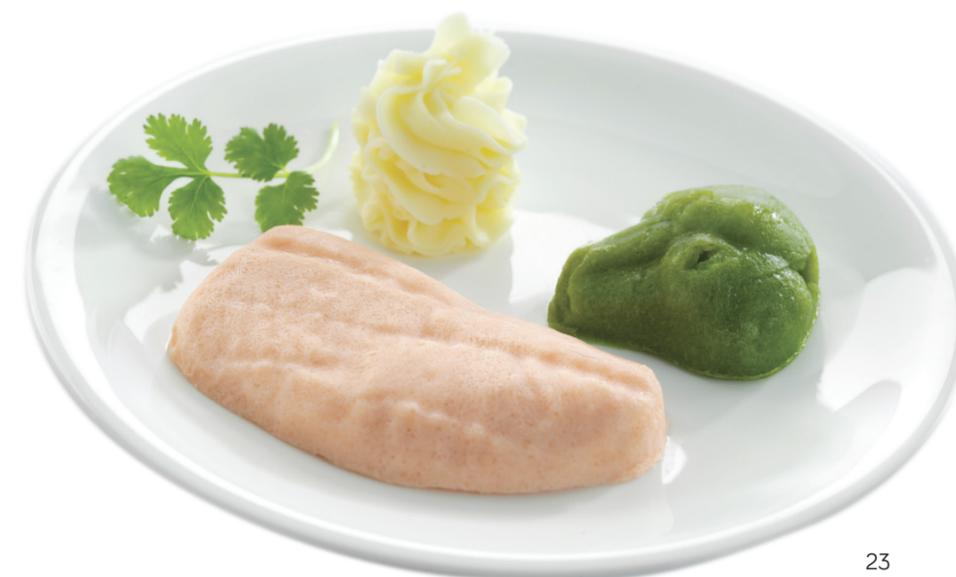
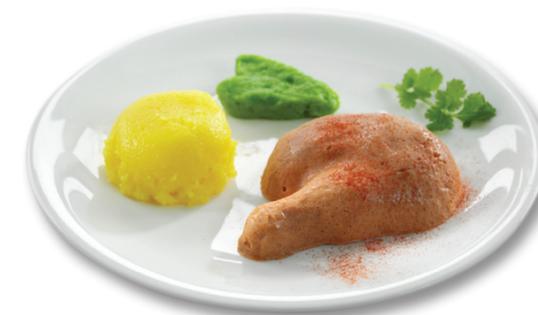
- Make sure you use full fat dairy products instead of low fat or skimmed options. You could fortify (strengthen) milk by adding a few tablespoons of dried milk powder to each litre of milk. Use this for drinking and cooking. Please consult your speech and language therapist if you want to thicken fortified milk. Try adding full fat grated cheese to soups, pasta, vegetables and omelettes. You can use full fat yoghurt to make high calorie smoothies.
- Mash vegetables and potatoes with milk, cream, butter, margarine or cream cheese. Try adding some grated cheese.
- For quick and nutritious breakfasts, add full fat milk, cream, honey, sugar or seedless jam to your porridge, yoghurt or cereal.
- Blend pureed fruit with double cream or custard.
- Make up instant soups, sauces or gravies with milk instead of water.
- Add cheese and cream to an omelette and fry in vegetable oil.
- Make instant coffee or hot chocolate with milk and enrich with a spoonful of cream.
- Use sugar in tea or coffee, breakfast cereals and desserts.
- Make milkshakes with ice-cream, yoghurt and fresh fruit. Make sure there are no bits or lumps according to your recommended diet texture (soft, moist, puréed or liquidised).
- Eggs are a good source of protein.
- Try different types of beans and lentils which are good sources of protein and fibre and are naturally soft. Make sure to remove any husks by blending well or sieving.



Note: If you find it difficult to eat and drink enough or if you are losing weight, please contact your dietitian or healthcare professional for advice.

TIPS FOR PREPARING MODIFIED TEXTURE FOODS

- Make everyday foods soft by finely chopping, mashing or mincing if needed.
- You can prepare soft foods without liquidising them, but they must be soft enough to be mashed with a fork.
- Use a blender to remove lumps from cooked potatoes, fruit and vegetables if needed.
- Use a fork to mash soft foods such as bananas.
- Use a blender to mince meat and chicken into smaller sized pieces, or to purée foods if needed.
- Vary flavours by adding soy sauce, worcestershire sauce, tomato ketchup, curry powder, herbs and spices to savoury dishes, or jam to sweet dishes.



TIPS FOR SERVING AND PRESENTING FOOD

- Present each food separately. Don't mash everything together.
- If gravy or sauces are needed, blend well into the food or make sure they are thickened to the correct consistency.
- Always introduce the meal and identify each food on the plate.
- Do not use water or low calorie or low fat liquids to soften food. Instead, use full fat milk or cream.
- Drain off any excess liquid before serving.
- Serve foods hot or cold rather than at room temperature.

Please ask your speech and language therapist for a free copy of the Nutilis Clear recipe book.



USEFUL EQUIPMENT AND RESOURCES

The following pieces of equipment may help you to prepare your food to the recommended consistency and reduce the amount of time needed to prepare meals. Many of the items will already be in your kitchen.

Sieves and strainers are very useful for removing lumps from sauces, gravies, soups or pureed foods.



Graters are useful for shredding vegetables before cooking.

Whisks and hand-held blenders are useful for mixing dry ingredients into sauces and gravies. They are also useful for adding thickener to drinks, soups or whipping cream, and pureeing small amounts of soft foods. They are not good for pureeing hard foods such as cooked meat as they tend to leave lumps.



Food processors that chop, grate, mince, shred, slice and whisk are ideal time-saving devices for preparing food. Food can then be cooked and/or blended to a smooth and thick texture.



Smoothie makers blend and foam fruit into smoothies.

Measuring jugs are useful for measuring liquids and pureed foods.

Food moulds can be used to improve the presentation of modified texture meals.



Ice cream scoops are handy for presenting different foods on the plate separately.



Nutilis Clear safe swallow cups are available from Nutricia Advanced Medical Nutrition. Each cup is shaped so that you don't need to tilt your head backwards when drinking. Ask your speech and language therapist for more information.

Nutilis Clear recipe books are available.

For information freephone Nutricia Advanced Medical Nutrition on:
ROI: 1800 412 414 NI: 0800 028 3416 UK: 01225 751098



TIPS FOR MANAGING DRY MOUTH

- Take plenty of drinks, at least **8 glasses a day**.
- Keep the air in your home or workplace moist by placing a bowl of water under the radiator, or buy a humidifier.
- Rinse your mouth after using inhalers.
- Ask your pharmacist about artificial saliva sprays and gels. You don't need a prescription.



Always talk to your speech and language therapist or dietitian before you try these tips.

TIPS FOR MANAGING TASTE CHANGES

- Brush and floss your teeth regularly.
- Drink plenty of liquids. Be sure to thicken them the way your speech and language therapist advised you to.
- Sharp-tasting fruit drinks or juices may help to take away unpleasant tastes.
- Using strong flavoured sauces such as curry sauce, chilli sauce or sweet and sour sauce can also help.
- Try using more seasoning and herbs to improve the flavour of foods.
- Varying hot and cold foods may also help with taste changes.

TIPS FOR MANAGING CONSTIPATION

It is important that your bowels move regularly. If constipation is a problem, try these tips.

- Make sure you are drinking enough every day – aim for at least 8 cups of fluid each day. Your bowel may not work properly if you are dehydrated.
- Include high fibre sources such as porridge, whole grain bread and sweet potato in your diet. Milled linseeds or flaxseeds are also high in fibre and are easy to add to your meals. Make sure this is keeping with the modified texture diet you have been recommended by your speech and language therapist.
- Eat extra fruit, for example banana or stewed apple with thickener.
- Drink prune juice or orange juice thickened to the correct consistency.
- Exercise regularly, as much as you can.
- If you are taking a liquid or powdered laxative to make your bowels move, please ask your speech and language therapist how to take it based on your swallowing needs.

MEDICATIONS

You may need to get your tablets switched to a liquid form. It is also possible to crush some tablets and take them in food but always check with your pharmacist first.



Always talk to your speech and language therapist or dietitian before you try these tips.

APPENDIX 1

LEVEL 6 – SOFT AND BITE-SIZED

Foods specific or other examples

Meat

- **Cooked**, tender meat no bigger than 8mm pieces (Paediatric) or 15mm = 1.5cm pieces (Adult)
- If texture cannot be served soft and tender at 8mm pieces (Paediatric) or 15mm = 1.5cm pieces (Adult) serve minced and moist

Fish

- Soft enough cooked fish to break into small pieces with fork, spoon or chopsticks
- No bones

Casserole, stew and curry

- Liquid portion must be thick
- Can contain meat, fish or vegetables if final cooked pieces are no larger than 8mm pieces (Paediatric) or 15mm = 1.5cm pieces (Adult) and are soft and tender
- No hard lumps

Fruit

- Serve mashed
- Fibrous parts of fruit are not suitable
- Drain excess juice
- Speech and language therapist to assess individual ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing

Vegetables

- Steamed or boiled vegetables with final cooked size of 8mm pieces (Paediatric) or 15mm = 1.5cm pieces (Adult)
- Stir fried vegetables are often **too firm** and **not soft** or tender

Cereal

- Smooth with soft tender lumps no bigger than 8mm pieces (Paediatric) or 15mm = 1.5cm pieces (Adult) acceptable
- Texture fully softened
- Any excess milk or fluid must be drained

Bread

- No regular, dry bread unless assessed as suitable by a speech and language therapist, on an individual basis

Rice

- Not particulate/grainy, sticky or glutinous

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APPENDIX 2

LEVEL 5 – MINCED AND MOIST

Foods specific or other examples

Meat

- Finely minced or chopped, tender mince (Paediatric, 2mm lump size / Adult, 4mm lump size)
- Serve in extremely thick, smooth, non-pouring sauce or gravy
- *If texture cannot be finely minced it should be pureed

Fish

- Finely mashed in extremely thick smooth, non-pouring sauce or gravy

Fruit

- Serve mashed
- Drain excess juice

Cereal

- Very thick and smooth with small (Paediatric, 2mm lump size / Adult, 4mm lump size) soft lumps
- Texture fully softened
- Any milk/fluid must **not** separate away from cereal. Drain any excess fluid before serving

Bread

- Pre-gelled or soaked breads that are very moist and gelled through the entire thickness
- No regular, dry bread unless recommended by a speech and language therapist

Rice

- **Not** sticky or glutinous (particularly short grain rice) and should **not** be particulate or separate into individual grains when cooked and served (particularly long grain rice)

(c) The International Dysphagia Diet Standardisation Initiative 2016 @<http://iddsi.org/resources/framework/>.

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