

A Nutricia webinar:

IDDSI MADE SIMPLE WITH DYSPHAGIA CHEF NIAMH CONDON

THE WORKBOOK IS AN ACCOMPANIMENT
TO THIS WEBINAR

This webinar is intended for catering staff of patients, 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. Any views, opinions or recommendations expressed in the presentation are solely those of the speaker and do not necessarily represent those of Nutricia. May 2021



GREAT REASONS TO USE NUTILIS CLEAR IN YOUR KITCHEN

NUTILIS CLEAR SUPPORTS SAFER MEAL PREPARATION BY:

- Maintaining Consistency¹
- Transparent Results²
- Neutral Taste



"The benefit of using Nutilis Clear instead of cornstarch, is that you don't need to cook it to achieve consistency"

"Nutilis Clear offers the existing great taste of food whilst ensuring safety for swallowing"

"You use very little product when used correctly"

Chef Comments

Niamh Condon (*Dysphagia chef*)

1. Oudhuis L, Vallons K. Clin Nutr Suppl, 2011;6(2):150 2. Penney, B. Nursing Times; 110; 12, 16-18

IDDSI FRAMEWORK



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<https://iddsi.org/>



IDDSI FOOD TESTING METHODS

- Fork Drip Test (levels 3-4)
- Fork/Spoon Pressure Test (levels 4-7 & transitional)
- Spoon Tilt Test (levels 3-5)
- Assessing particle size (level 5&6)



Drips slowly or in dollops/strands through the tines/prongs of a fork

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4 PUREED

4 EXTREMELY THICK

5 MINCED & MOIST

ADULT 4mm

CHILD 2mm

6 SOFT & BITE-SIZED

Thumbnail blanches white

7 EASY TO CHEW

Thumbnail blanches white

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FUNDAMENTALS OF DYSPHAGIA

HIGH CHOKING RISK FOODS

- **Hard or dry or crunchy textures** e.g. nuts, raw carrots, crackling, hard crusty rolls
- **Fibrous or tough textures** e.g. steak, pineapple
- **Round, or long shaped foods** e.g. sausages, grapes
- **Sticky or gummy textures** e.g. nut butters, chocolate spread
- **Chewy textures** e.g. toffee, marshmallows
- **Crispy textures** e.g. dry cereals, crisps
- **Sharp or spiky textures** e.g. hard chips
- **Crumbly textures** e.g. dry biscuits, scones, cakes
- **Pips, seeds, and the white parts of fruit** e.g. pumpkin seeds, white of orange
- **Skins, husks or outer shells** e.g. pea shells, grape skin
- **Bone or gristle** e.g. fish bones
- **Stringy textures** e.g. celery, rhubarb
- **Complex food textures** e.g. pizza, hamburger, spaghetti and meatballs
- **Floppy textures** e.g. lettuce, thinly sliced cucumber
- **Juicy food textures** e.g. watermelon



Orla Lehane

*Senior Speech and
Language Therapist,
Nutricia Care*

IDDSI Meal Preparation Demonstration

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

Please be aware that blending hot foods can be dangerous. Always check the manufacturer's instructions to ensure that your blender is suitable for processing hot foods and follow their instructions for safe blending.

These recipes are intended for patients, and carers of patients, 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. Videos are designed as a guide only. All food tests should be conducted in line with guidance from the International Dysphagia Diet Standardisation Initiative.

IDDSI MEAL PREPARATION DEMONSTRATION

THICKENING IDDSI LEVEL 3 TO 7

This video will help you to understand the different consistencies for IDDSI levels 3 to 7.



Niamh Condon
Dysphagia Chef



IDDSI MEAL PREPARATION DEMONSTRATION

IDDSI LEVEL 4 PUREED - POTATO

Ingredients

500g potatoes
50g salted butter
20ml cream

Optional ingredients

Pinch of salt
Pinch of white pepper

Extra equipment

Potato ricer
Piping bags

Method

- Peel and chop the potatoes evenly.
- Boil the potatoes until soft.
- Pass the cooked potatoes through a ricer.
- Next, push the potatoes through a fine metal sieve.
- Use a clean spoon to scrape the outside of the sieve.
- Add the butter, salt, pepper and cream to the potatoes and mix well until an even, desired consistency has been achieved.
- Pipe onto plate as desired.



Serving suggestion

NOTES



IDDSI MEAL PREPARATION DEMONSTRATION

IDDSI LEVEL 4 PUREED - CARROTS

Ingredients

200-230g carrots
Boiling water
50g salted butter
1 pinch cumin
1 tablespoon honey
1 teaspoon grated ginger
1 scoop Nutilis Clear

Method

- Roughly chop your carrots and place in a pot with the boiling water and a pinch of salt. Place the lid on and leave to simmer until cooked.
- Place the carrots, butter, cumin, honey and grated ginger into a blender adding water if needed, and blend to a puree.
- Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.
- Pipe puree into desired shape.



Serving suggestion

NOTES



IDDSI MEAL PREPARATION DEMONSTRATION

IDDSI LEVEL 4 PUREED - BROCCOLI

Ingredients

500g broccoli
Boiling water
50-100g spinach
2 tablespoons skimmed milk powder
1 heaped tablespoon salted butter
1 tablespoon ground almonds
Cream
2 scoops Nutilis Clear

Optional ingredients

Salt

Extra equipment

Blender
Piping bags



Method

- Roughly chop broccoli and place in a pot on high heat. Half fill the pot with boiling water and add a pinch of salt if desired. Simmer with a lid on for 15 minutes.
- Place the contents of the pot (broccoli and remaining liquid) into the blender. Add in the spinach, ground almonds, skimmed milk powder and butter and blend into a puree. Add some cream if required to achieve a puree consistency.
- Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.
- Pipe the broccoli puree onto a plate.



IDDSI MEAL PREPARATION DEMONSTRATION

IDDSI LEVEL 4 PUREED - AVOCADO AND SPINACH

Ingredients

100g spinach
3 ripe avocados
20ml boiling water
2 Nutilis Clear scoops

Optional ingredients

Salt

Extra equipment

Blender
Piping bags

Method

- Blend the spinach and avocado together. Add ~20ml boiling water and blend until a puree is formed.
- Pass the puree through a fine metal sieve. Use a clean spoon to scrape the outside of the sieve.
- Mix in the Nutilis Clear and leave to stand until desired thickness has been reached.



IDDSI MEAL PREPARATION DEMONSTRATION

IDDSI LEVEL 4 PUREED - ROAST BEEF DINNER

Ingredients

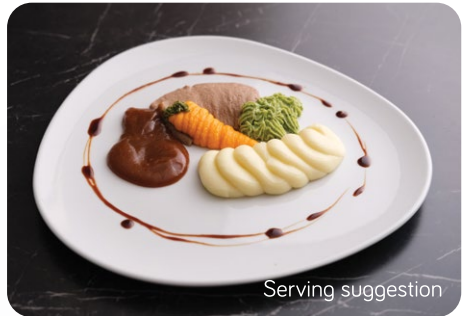
- 450g rib-eye beef
- 1 tbsp oil
- 200ml water
- 30ml instant gravy
- Carrot puree (refer to Carrot recipe)
- Broccoli puree (refer to Broccoli recipe)
- Mashed potato puree (refer to Mashed Potato recipe)
- 1 scoop Nutilis Clear

Optional ingredients

- Avocado & spinach puree
(See Avocado & Spinach recipe)
- Balsamic glaze

Extra equipment

- Blender
- Piping bags



Method

- Trim and dice the beef evenly.
- Place a saucepan on high heat and add the oil. Add the beef and allow it to brown before adding the water.
- Allow the beef to simmer until tender (approx 3 hours).
- Strain the meat through a sieve (keeping the juice from the meat) and put the cooked beef into the blender. Add half of the juice from the meat back in as it is blending.
- Check the consistency of the blended meat and add approximately 1 tablespoon of instant gravy before blending again until a smooth puree forms.
- Pass the puree through a fine metal sieve. Use a clean spoon to scrape the outside of the sieve.
- If needed, add a little more instant gravy.
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.
- Plate the beef, carrots, broccoli and mash as shown in the video. Serve with thickened gravy (IDDSI Level 4 consistency).

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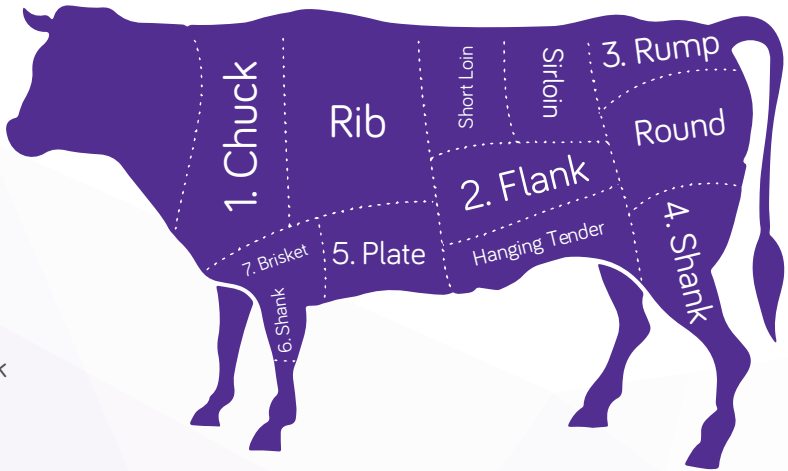


IDDSI MEAL PREPARATION DEMONSTRATION

CUTS OF MEAT

Cuts of meat recommended for dysphagia cooking (from graphic):

1. Chuck
2. Flank
3. Rump
4. Shank
5. Plate
6. Front shank
7. Brisket



IDDSI MEAL PREPARATION DEMONSTRATION

TIME MANAGEMENT

- **Start at the beginning:** align with all people involved in nutritional care.
- **Plan your menu and menu cycle:** using a collaborative approach.
- **Plan your week including delivery days**
- **Plan your day:** use spare time to prepare purees for dysphagia meals in advance.
- **Time zone the kitchen:** avoid cross contamination and ensure safety of food.
- **Batch bake:** allocate specific days during the week to batch bake/cook and freeze dysphagia meal elements.
- **Team work:** play on each others strengths.



IDDSI MEAL PREPARATION DEMONSTRATION

HYDRATION



IDDSI Level 4 Pureed - Watermelon Slushie

Ingredients

- 165g Watermelon Flesh
- 40g Coconut Water ice cubes
- Juice of half a lime
- 7 scoops Nutilis Clear

Method

- Place the watermelon flesh, coconut water ice cubes and lime juice into the blender and blend into a puree.
- Once blended this comes to 200ml. Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.



IDDSI Level 4 Pureed - Pina Colada

Ingredients

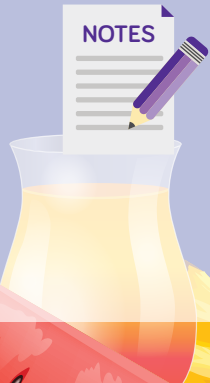
- 45g Cucumber
- 5g Spinach
- 125g pineapple fresh or tinned
- 100g coconut cream
- 25g frozen mango
- 4 scoops Nutilis Clear

Method

- Place the cucumber, spinach, pineapple, coconut cream and frozen mango into the blender and blend into a puree.
- Once blended this comes to 200ml.
- Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.



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CONTACT US

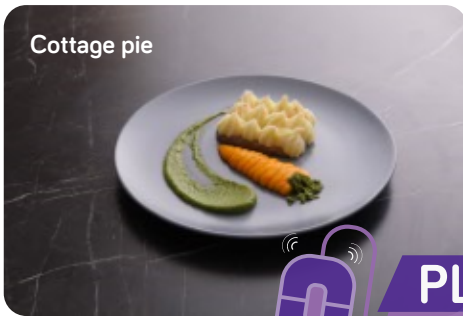
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Cottage pie



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PLUS
MORE



Full Irish Breakfast



Fish & Chips

Serving suggestions

<https://www.nutricia.ie/patients-carers/recipes/dysphagia>

SCAN
ME



or Visit: www.nutricia.ie/patients-carers/living-with/dysphagia/dysphagia-meal-preparation-videos



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