

DIET ORDERS AND OPTIMIZING SAFE NUTRITION

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WRHA Train the Trainer 2024 (Updated)

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

We will Review:

- ❑ **WRHA Compendium Diet Textures & Fluid Viscosity**
 - ❑ Definitions, Differences between sites, Reminders
 - ❑ Fluid Thickeners and Examples
 - ❑ Video demonstration (new)

 - ❑ **International Dysphagia Diet Standardization Initiative (IDDSI)**
 - ❑ Definition, Current status, Future plans and considerations
 - ❑ Products & labeling
 - ❑ Oral Nutrition Supplements
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Purpose of Diet Texture & Fluid Viscosity:

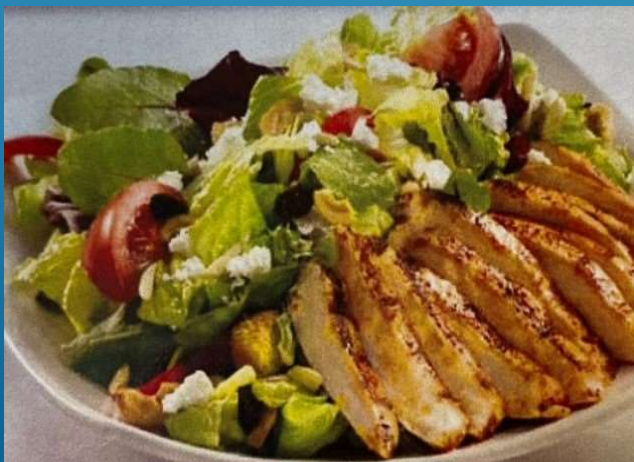
- ❑ Provide a diet that meets nutritional needs and eating comfort while reducing risk

- ❑ Receive a diet as close to Standard as possible with consideration to:
 1. Adhesiveness
 2. Cohesiveness
 3. Firmness or Hardness
 4. Chewiness

- ❑ Sites should adhere to the Regional Diet Compendium

DIET TEXTURES

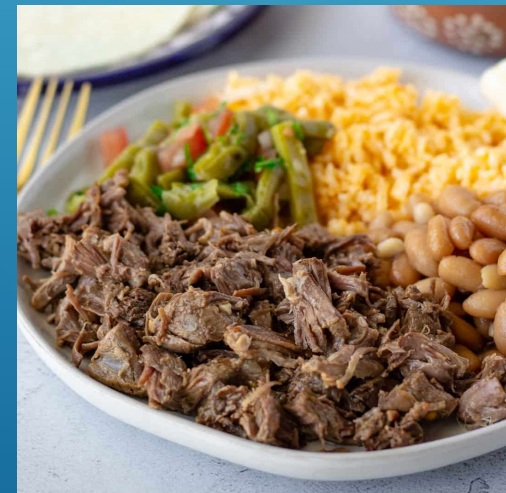
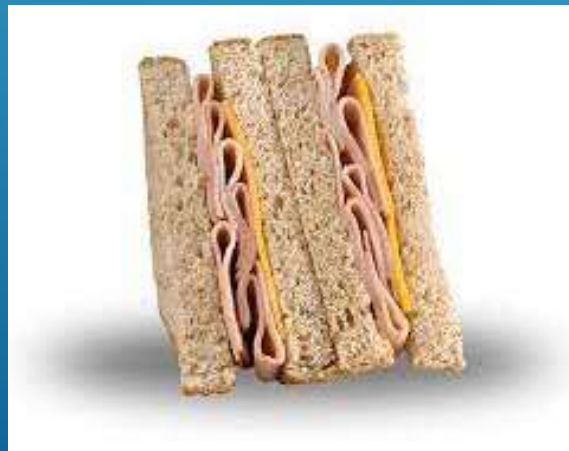
Regular or Standard - no modifications



Soft – no hard to chew or crunchy foods



Soft Minced – “Soft” except tough to chew meats and some veggies are minced or removed



Minced – Ground, minced or finely chopped meat and vegetables (¼ inch by ¼ inch) with allowance for moist baked goods and soft, bread products including sandwiches (NO HARD CRUSTS)



Total Minced – All foods are ground or minced. **No bread products** unless they are pureed.



Pureed – All foods must be smooth, mound to spoon and **No**
bread products unless they can be pureed



Blenderized/Liquidised – **Blended** pureed; includes some
pureed foods



NO MIXED CONSISTENCY

- **No thin liquids combined with solids**
- Can be recommended for any diet texture type where fluids are thin per compendium. **Note: those on thickened fluids should not receive foods with mixed consistencies.**
- Examples of mixed consistencies:
 1. **Cold cereal with milk**
 2. **Soup with whole vegetables, meat, noodles or crackers mixed in**
 3. **Fruit chunks in gelatin**
 4. **Canned fruit in juice or water**
- Foods with high water content (e.g. orange segments, grapes, watermelon) may become difficult to manage

REMINDERS

- ▶ Fluid consistency and Solid (texture) are two separate recommendations.
- ▶ Someone requiring a texture modified diet (e.g. Minced or Pureed) does not automatically require thickened fluids.
- ▶ Individuals may require texture modification at certain meals or times of day
- ▶ Some people may be allowed some textured items with informed consent for QOL

FLUID VISCOSITIES IN LTC

Thin fluids

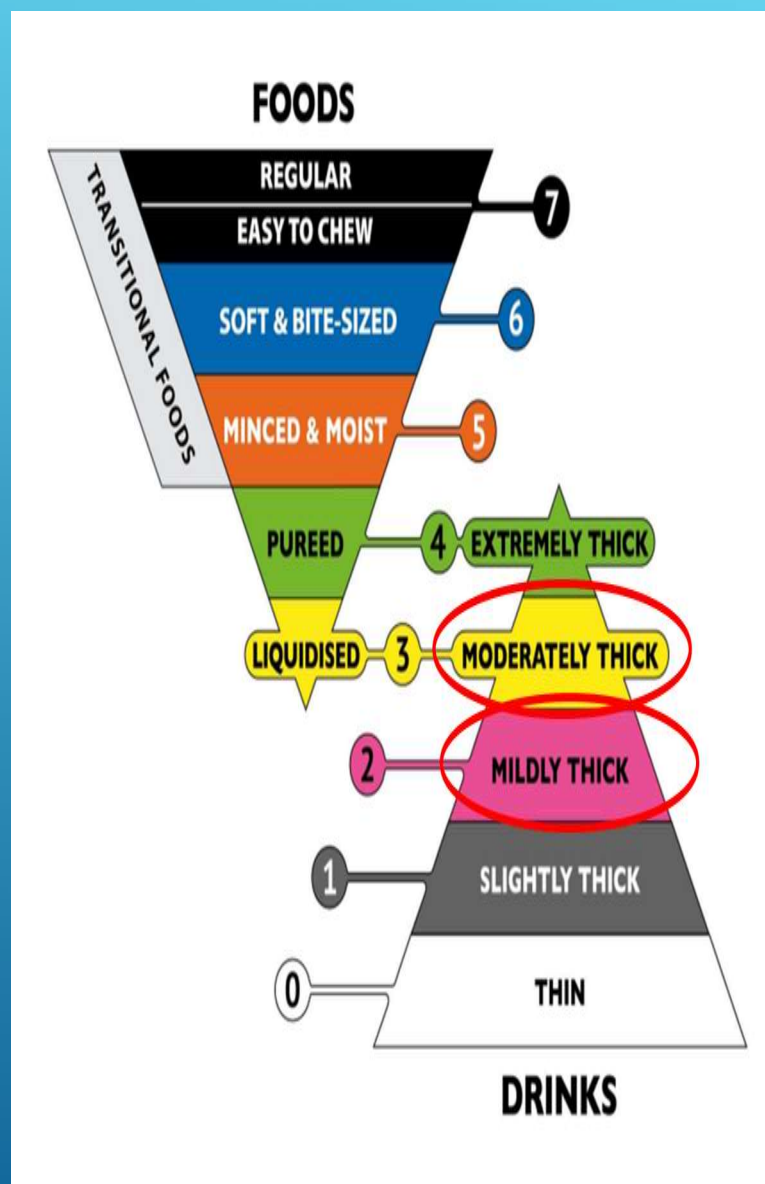
(Level 0 or Regular fluids)

Mildly thick fluids

(Level 2 or Nectar thick)

Moderately thick fluids

(Level 3 or Honey thick)



ThickenUP[®] ORIGINAL

STARCH-BASED THICKENER

Mixing Chart



Amount of ThickenUp[®] Original (ml or g of powder) for desired consistency

Reference: 1 tablespoon = 15 ml 1 teaspoon = 5 ml

VOLUME OF LIQUID	 MILDLY THICK* (Nectar-like) [†]	 MODERATELY THICK* (Honey-like) [†]	 EXTREMELY THICK* (Pudding/spoon-thick) [†]
125 ml	15 - 20 ml 4.5 - 6 g	20 - 25 ml 6 - 7.5 g	25 - 30 ml 7.5 - 9 g
250 ml	30 - 40 ml 9 - 12 g	40 - 50 ml 12 - 15 g	50 - 60 ml 15 - 18 g
1000 ml	120 - 160 ml 36 - 48 g	160 - 200 ml 48 - 60 g	200 - 240 ml 60 - 72 g



Mixing Chart

Amount of ThickenUp® Clear (ml or g of powder) for desired consistency (WATER, JUICE, COFFEE, TEA, CARBONATED BEVERAGES, MILK)

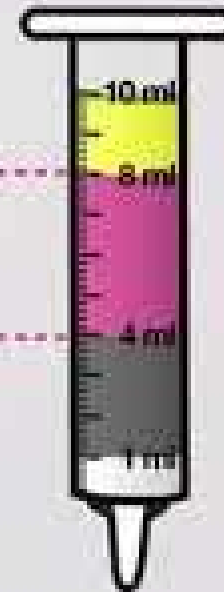
VOLUME OF LIQUID PER SERVING	 MILDLY THICK* (Nectar-like) [†]	 MODERATELY THICK* (Honey-like) [†]	 EXTREMELY THICK* (pudding/spoon-thick) [†]
125 ml	1 scoop (4 ml, 1.4 g)	2 scoops (8 ml, 2.8 g)	3-3.5 scoops (12-14 ml, 4.2-4.9 g)
250 ml	2 scoops (8 ml, 2.8 g)	4 scoops (16 ml, 5.6 g)	6-7 scoops (24-28 ml, 8.4g-9.8 g)
1000 ml	8 scoops (32 ml, 11.2 g)	16 scoops (64 ml, 22.4 g)	24-28 scoops (96-112 ml, 33.6-39.2 g)

PREPARED BY
ThickenUP
ELECT

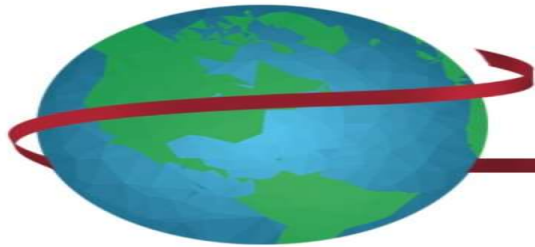
Mildly Thick

INTERNATIONAL
IDDSI
DIETARY SERVICES

Flow test



**MILDLY
THICK**
(Nectar like)



IDDSI

International Dysphagia Diet
Standardisation Initiative

What is it?

- International project to standardize food and fluid modified diets/products
- Objectively measure food and fluid thickness
- Ensure continuity as people move through the health care system

Resources | IDDSI

Purpose & Goal

- Standardizes food & fluids to promote swallowing safety
- Keeps people safe
 - Across all settings
 - Across all ages
 - Across all cultures



IDDSI labeling



ORAL NUTRITION SUPPLEMENTS

- Most commercial products compliant to thin liquids
- Some sites thicken ONS in production or use home-made like fortified pudding

Oral Nutritional Supplement	Compliant to IDDSI Mildly/Nectar Thick (Level 2)		Compliant to IDDSI Moderately/Honey Thick (Level 3)
	Chilled (within 1 hour of being refrigerated)	Room Temperature	Chilled or Room Temperature
Resource 2.0	✓	✗	None of the products are compliant to IDDSI level 3, regardless of temperature
Ensure Compact chocolate	✓	✗	
Novasource Renal	✓	✗	
Nepro	✓	✗	
TwoCal, (237 mL format only)	✓	✓	

QUESTIONS?

Thank you!!

