

# Caregivers!

## **FIT YOUR OWN OXYGEN MASK FIRST**

You're no use to anyone if you're running on empty.  
Caring for yourself first is often the  
best thing you can do, in order to help others.  
It isn't selfish, or egocentric.  
Just really good advice.

# MIND diet

## Include:

1. **Green leafy** vegetables (like spinach and salad greens): 6 servings/wk
2. Other **vegetables**: At least 1 serving/day
3. **Nuts**: 5 servings/wk
4. **Berries**: 2 or more servings/wk
5. **Beans**: At least 3 servings/wk
6. **Whole grains** 3 or more servings/wk
7. **Fish**: 1 serving/wk
8. **Poultry** (like chicken or turkey): 2 servings/wk
9. **Olive oil**: Use it as your main cooking oil
10. **Wine**: 1 glass/day

## Avoid:

1. **Red meat**: < 4 servings/wk
2. **Butter & margarine**: < 1 Tbsp/day
3. **Cheese**: < 1 serving/wk
4. **Pastries & sweets**: < 5 servings/wk
5. **Fried or fast food**: < 1 serving/wk



# Adapted Eating & Drinking

- Discuss with Speech Pathologist and/or care team
- Use the right tools
- Prepare the right textures



<https://swallowingdisorderfoundation.com/adaptive-feeding-devices/>

<https://iddsi.org/Resources/Patient-Handouts>

5

## MINCED & MOIST

### EXAMPLES of Level 5 Minced & Moist Food for Adults

- **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- **Fruit** served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- **Rice** requires a sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- **NO REGULAR DRY BREAD** due to high choking risk! See <https://www.youtube.com/channel/UC0t9FDw10L5u7GcJq4h4?feature=reload> for instructions on how to make a Level 5 Minced & Moist sandwich

Food and participation from IDDSI Level 5 (Adult) Created: Catherine Robertson, Stephanie L. B. International Dysphagia Diet Standardisation, 18 January 2016

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at  
[www.IDDSI.org/iframecontent/food-testing-methods/](http://www.IDDSI.org/iframecontent/food-testing-methods/)

#### IDDSI Fork Test

For adults the lump size is 4mm, which is about the gap between the prongs of a standard dinner fork

ADULT  
4mm

CHILD  
2mm

**Minced & Moist food must pass both tests!**

#### IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked. Sample should **not** be firm or sticky

Intended for general information only  
 Please consult with your health care professional for specific advice for your needs



# Adapted Eating & Drinking



- ☐ Forks with cutting edges
- ☐ Foam handled cutlery
- ☐ Plate guards and plate warmers
- ☐ Anti-tremor utensils
- ☐ Hands Free Drinking Vessels

## Non-return valve straws

If you stop to take a breath before you sucking fluid all the way up the straw it stays in the same position.



 **LIFTWARE**  
[www.liftware.com/contact](http://www.liftware.com/contact)

## Weight

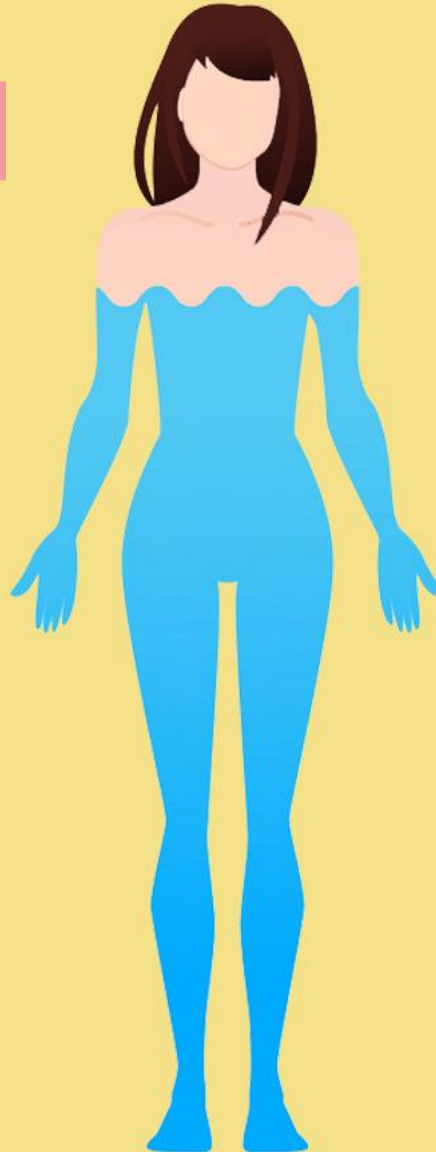
60-80 lbs      27-36 kgs

100-120 lbs      45-54 kgs

140-160 lbs      63-72 kgs

180-200 lbs      81-90 kgs

200-220 lbs      90-99 kgs



## No. of Glasses

3-5 

6-7 

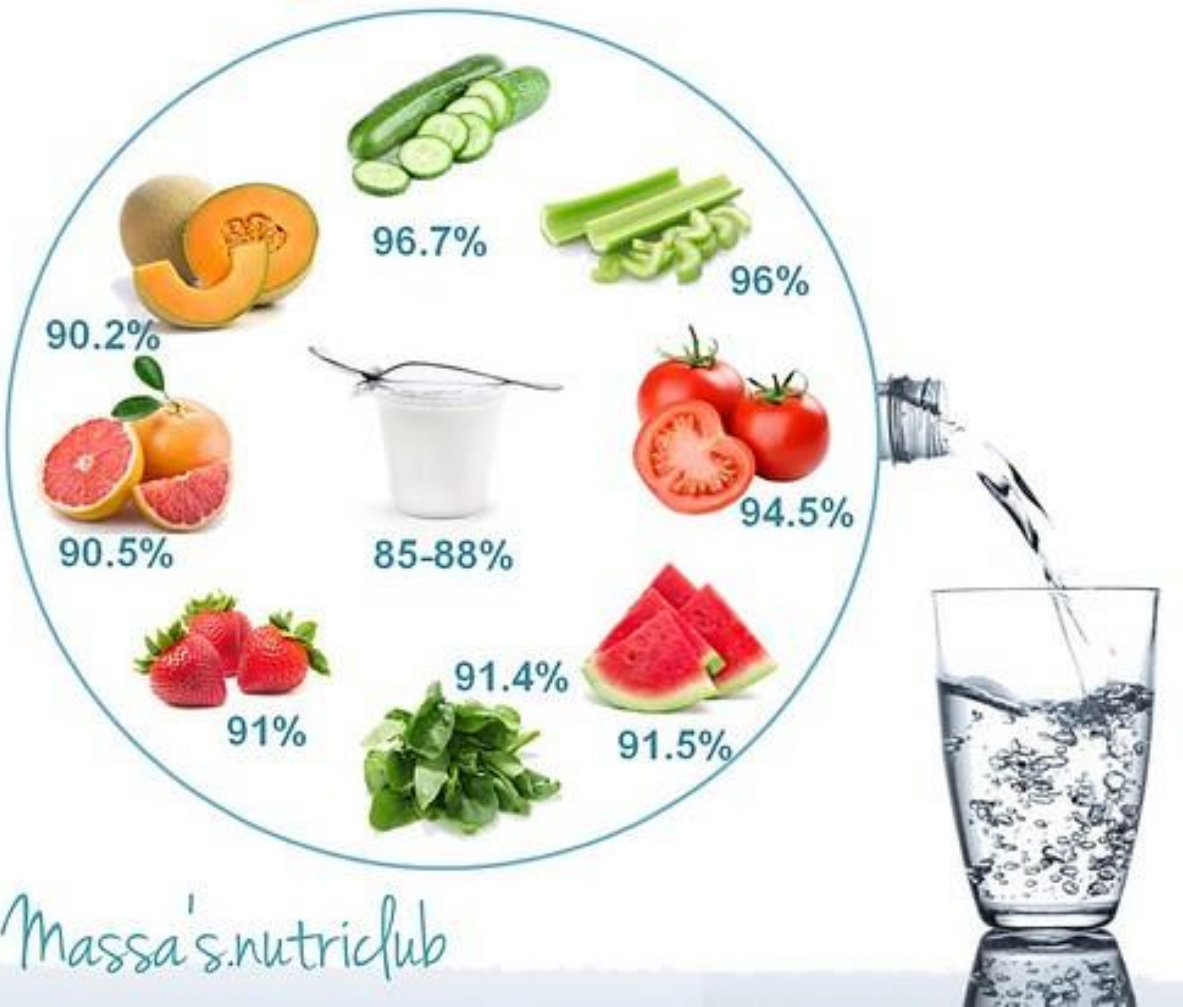
8-9 

10-11 

13-17 



# Eat your water



Massa's.nutriclub

Percentage	Food item
100%	Water
90%-99%	Fat-free milk, cantaloupe, strawberries, watermelon, lettuce, cabbage, celery, spinach, pickles, squash (cooked)
80%-89%	Fruit juice, yogurt, apples, grapes, oranges, carrots, broccoli (cooked), pears, pineapple
70%-79%	Bananas, avocados, cottage cheese, ricotta cheese, potato (baked), corn (cooked), shrimp
60%-69%	Pasta, legumes, salmon, ice cream, chicken breast
50%-59%	Ground beef, hot dogs, feta cheese, tenderloin steak (cooked)
40%-49%	Pizza
30%-39%	Cheddar cheese, bagels, bread
20%-29%	Pepperoni sausage, cake, biscuits
10%-19%	Butter, margarine, raisins
1%-9%	Walnuts, peanuts (dry roasted), chocolate chip cookies, crackers, cereals, pretzels, taco shells, peanut butter
0%	Oils, sugars



## 5 Best High Calorie Drinks



HIGH CAL SHAKES



HIGH CAL SMOOTHIES



FORTIFIED MILK



HIGH CAL COCOA



NUTRITION SHAKES

### High Cal Shake:

- 3/4 c. whole milk
- 3/4 c. ice-cream
- 1/4 c. malted milk
- 2 Tbsp. flavored syrup

**605 calories**

### High Cal Smoothie:

- 1 med. avocado
- 1 c. pineapple
- 1/2 med. apple
- 1 c. spinach
- 1 c. apple juice

**515 calories**

### Fortified Milk:

- 1 cup whole milk
- 1/4 cup dry milk

**307 calories**

### High Cal Cocoa:

- 1 c. half and half
- 2 Tbsp. choc. syrup
- 2 Tbsp. dry milk

**500 calories**

### Commercial Nutrition Shakes

Brands vary, read labels for calorie count

The Geriatric Dietitian

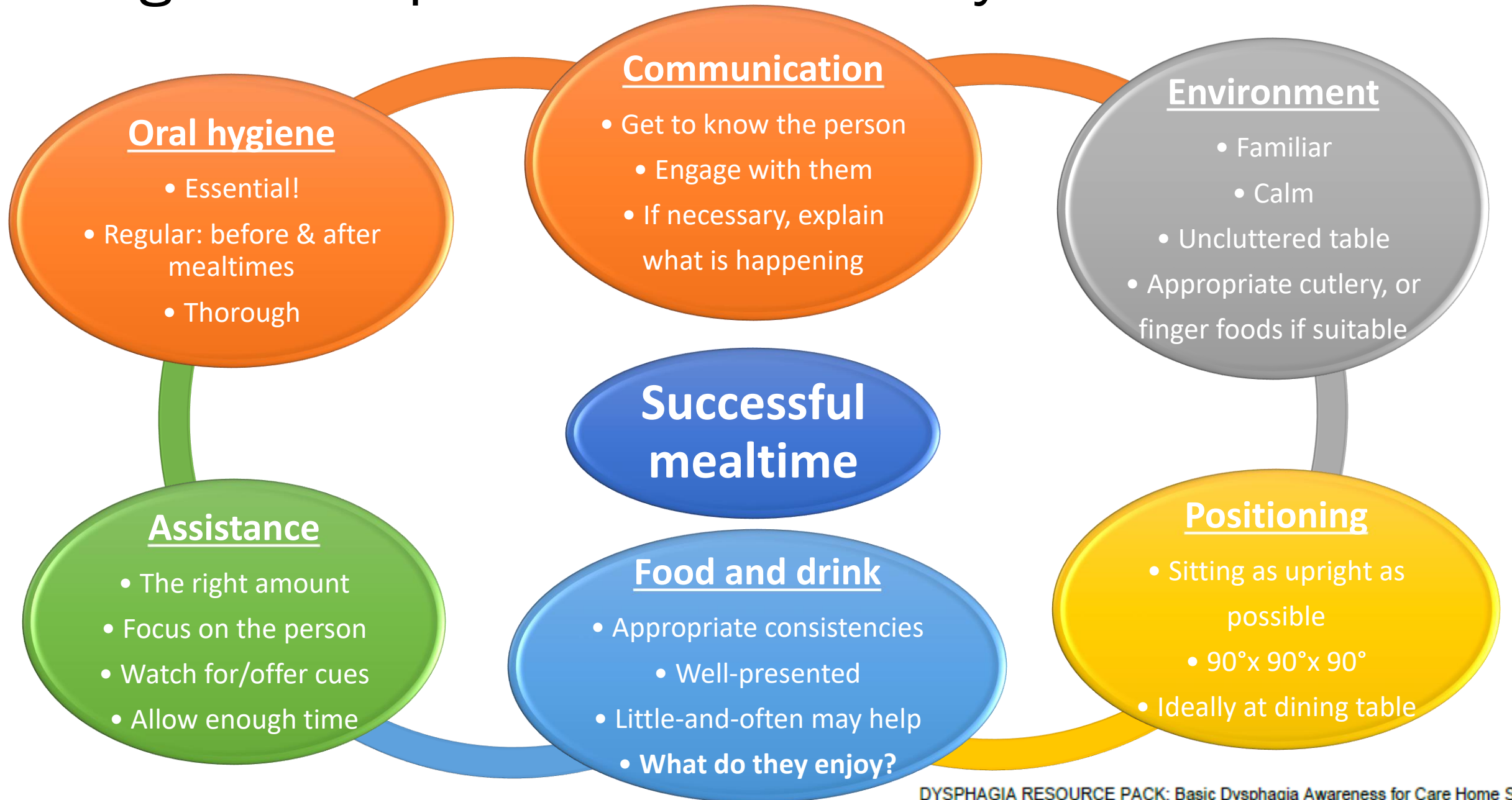
# Food Strategies to Increase Intake

- Food Enhancers
- Powdered milk, condensed milk, butter, sugar, honey, cream
- Modular carbohydrates, fats, proteins



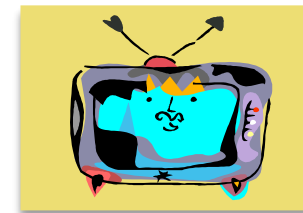
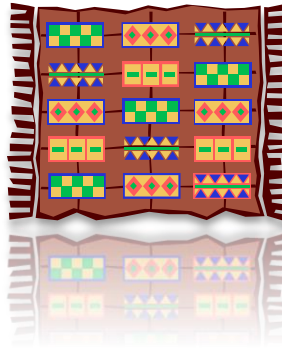


# Strategies to Improve Intake & Safety



# Feeding Strategies & Dining Procedures

- Utilize appropriate temperatures and/or use flavor enhancers
- Avoid:
  - patterned placemats
  - patterned plates
  - shiny tables
  - printed tablecloths
  - distracting sounds or activities
  - noxious articles and/or smells
  - rushing (provide burden-free attitude)






# Adapted Eating & Drinking

- Discuss with Speech Pathologist and/or care team
- Use the right tools
- Prepare the right textures



<https://swallowingdisorderfoundation.com/adaptive-feeding-devices/>

<https://iddsi.org/Resources/Patient-Handouts>




### 5 MINCED & MOIST


EXAMPLES of Level 5 Minced & Moist Food for Adults

- **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- **Fruit** served finely mashed or use a blender to finely chop it into 4mm lump size pieces (drain any excess liquid)
- **Vegetables** cooked, finely mashed or use a blender to finely chop it into 4mm lump size pieces (drain any excess liquid)
- **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- **Rice** requires a sauce to moisten it and hold it together. Rice should **not** be sticky or gluey and should **not** separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- **NO REGULAR DRY BREAD** due to high choking risk!  
See <https://www.youtube.com/channel/UCN0FpWuID0L5vG2Cj4p4/featured?reload=1> for instructions on how to make a Level 5 Minced & Moist sandwich

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at [www.IDDSI.org/framework/food-testing-methods/](http://www.IDDSI.org/framework/food-testing-methods/)



**IDDSI Fork Test**  
For adults the lump size is 4mm, which is about the gap between the prongs of a standard dinner fork



**IDDSI Spoon Tilt Test**  
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked. Sample should **not** be firm or sticky

**Minced & Moist food must pass both tests!**

Intended for general information only  
Please consult with your health care professional for specific advice for your needs

© 2018 IDDSI. All rights reserved. IDDSI is a registered trademark of the International Dysphagia Diet Standard Initiative. IDDSI.org

# International Dysphagia Diet Standardization Initiative

Included: 8 levels – 0-7



- Labeled by text, numbers and color codes
  - Food pieces and shape
  - Food texture: Softness, tenderness, and mashability
  - Food moisture, such as hardness and dryness
  - Food and menu items with dual textures: liquid must not separate from solid
  - Liquid thickness

Developed by international team  
Supported by AND & ASLHA

- [www.iddsi.org](http://www.iddsi.org)



## FOOD MEASUREMENTS

Particle  
size

Adult - 4mm  
**ADULT**

Child - 2mm  
**CHILD**

Bite  
size

15  
mm  
**ADULT**

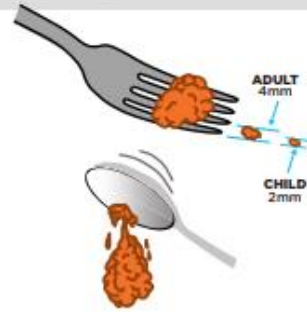
8  
mm  
**CHILD**

## Food Test

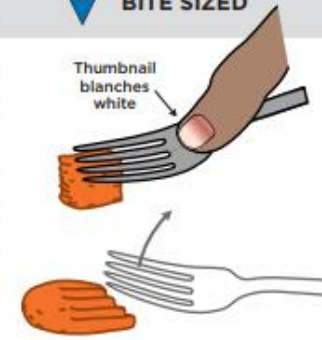
**4** PUREED



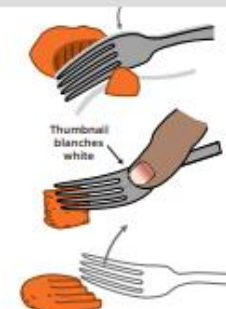
**5** MINCED  
& MOIST



**6** SOFT &  
BITE SIZED



**EC 7** EASY TO CHEW



## Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.

Level 4: Use IDDSI fork-drip + spoon-tilt tests  
Level 3: Use IDDSI flow + fork-drip tests

1. Remove  
plunger



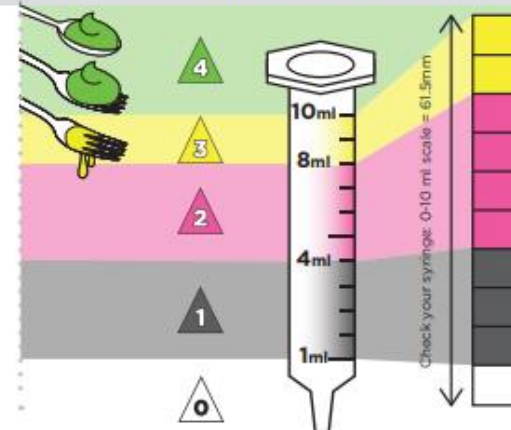
2. Cover nozzle  
with finger  
and fill 10ml



3. Release nozzle  
& start timer



4. Stop at 10  
seconds





Level 4 - Pureed





Level 5 – Minced & Moist

# Strategies: Thickening agents



<https://www.dysphagia-diet.com/t-videos.aspx>





Mild Thick – Commonly known as Nectar Thick



Moderately Thick – Commonly known as Honey Thick