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# National Dysphagia Diet

Diet	Examples of Foods to Avoid
Dysphagia Pureed Level 1	Beverages with lumps, dry breads and cereals, oatmeal, ice, gelatins, cookies, cakes, fats with chunky additives, whole fruit, whole or ground meat, cheese, cottage cheese, rice, potatoes, soups with chunks, vegetables
Dysphagia Mechanically Altered Level 2	Dry breads, coarse cereals that may contain nuts or seeds, dry cakes and cookies, fresh or frozen fruits, dried fruits, dry meat, peanut butter, soups with chunks, fibrous vegetables, seeds and nuts
Dysphagia Advanced Level 3	Dry bread, coarse cereals, dry cakes and cookies, difficult to chew fruits, tough meats, chunky peanut butter, potato skins, raw vegetables, nuts and seeds

Type	Conditions
<b>Intraluminal causes</b>	<ul style="list-style-type: none"> <li>Foreign bodies (acute dysphagia)</li> </ul>
<b>Mediastinal diseases—obstruct the esophagus by direct invasion, compression, or through lymph-node enlargement</b>	<ul style="list-style-type: none"> <li>Tumors (e.g., lung cancer, lymphoma)</li> <li>Infections (e.g., tuberculosis, histoplasmosis)</li> <li>Cardiovascular (dilated auricles, vascular compression)</li> </ul>
<b>Mucosal diseases—narrow the lumen through inflammation, fibrosis, or neoplasia</b>	<ul style="list-style-type: none"> <li>Peptic stricture secondary to gastroesophageal reflux disease</li> <li>Esophageal rings and webs (sideropenic dysphagia or Plummer–Vinson syndrome) [8]</li> <li>Esophageal tumors</li> <li>Chemical injury (e.g., caustic ingestion, pill esophagitis, sclerotherapy for varices)</li> <li>Radiation injury</li> <li>Infectious esophagitis (e.g., herpesvirus, <i>Candida albicans</i>)</li> <li>Eosinophilic esophagitis</li> <li>Tumor or granulation overgrowth in esophageal stenting</li> </ul>
<b>Neuromuscular diseases—affect the esophageal smooth muscle and its innervation, disrupting peristalsis or lower esophageal sphincter relation, or both</b>	<ul style="list-style-type: none"> <li>Achalasia (idiopathic and associated with neoplasia, Chagas disease, other)</li> <li>Scleroderma, mixed connective tissue diseases (myositis)</li> <li>Esophageal spasms (jackhammer esophagus)</li> </ul>
<b>Postsurgical</b>	<ul style="list-style-type: none"> <li>After fundoplication, antireflux devices</li> </ul>

**International Dysphagia Diet Standardisation Initiative: Categorization Framework, Labels and Terminology**

Carlotta M. Steele<sup>1</sup>, Bart Heisterkamp<sup>2</sup>, Peter Lam<sup>3</sup>, & Julie A. Y. Cichero<sup>4</sup> on behalf of the IDDSI Committee

**Introduction**

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded in 2013 with the goal of developing an global standardised terminology and definitions to describe texture-modified foods and beverages used for individuals with dysphagia of all ages, in all care settings, and all cultures. This paper describes the process used to create the new IDDSI terminology framework, which was launched in September 2015. Full details of the framework can be accessed at [www.iddsi.org](http://www.iddsi.org).

**IDDSI Task Force Process**

1. Defining the problem: The IDDSI task force was established to address the need for a standardised terminology and definitions to describe texture-modified foods and beverages used for individuals with dysphagia of all ages, in all care settings, and all cultures.
2. Reviewing literature: An extensive review of literature was conducted to identify current terminology and definitions used to describe texture-modified foods and beverages.
3. Identifying key issues: Key issues were identified through a series of workshops and meetings, including the need for a standardised terminology and definitions, the need for a global framework, and the need for a framework that is easy to use and understand.
4. Framework development: The IDDSI framework was developed through a series of workshops and meetings, including the need for a standardised terminology and definitions, the need for a global framework, and the need for a framework that is easy to use and understand.
5. Framework validation: The IDDSI framework was validated through a series of workshops and meetings, including the need for a standardised terminology and definitions, the need for a global framework, and the need for a framework that is easy to use and understand.
6. Framework implementation: The IDDSI framework was implemented through a series of workshops and meetings, including the need for a standardised terminology and definitions, the need for a global framework, and the need for a framework that is easy to use and understand.

**Key Elements of the IDDSI Framework**

- The IDDSI framework consists of 8 levels (1-8) and includes:
- Definitions and labels for each level, including:
- Level 1: Pureed
- Level 2: Mechanically Altered
- Level 3: Advanced
- Level 4: Soft and Bite-Sized
- Level 5: Soft
- Level 6: Regular
- Level 7: Regular with Chunks
- Level 8: Regular

**Conclusions**

The IDDSI framework provides a standardised terminology and definitions to describe texture-modified foods and beverages used for individuals with dysphagia of all ages, in all care settings, and all cultures. This framework is a key step towards improving the quality of care for individuals with dysphagia.

## The National Dysphagia Diet Guidelines - Essential Puree

### Level 1 (Dysphagia Pureed)

This diet consists of foods that are pureed, homogeneous and cohesive. Foods should be "pudding-like". Foods that require bolus formation, controlled manipulation and chewing are not allowed.

Food Category	Recommended	Avoid	Why have if this category is allowed
Beverages	Any smooth homogeneous beverage without lumps, chunks, or pulp. Beverages may need to be thickened to a prescribed consistency.	Any beverage with lumps, chunks, seeds, pulp, etc.	Milk, juice, coffee, tea, water, carbonated beverages, alcoholic beverages, nutritional supplements, etc.
Breads	Thoroughly commercial bread mixes, consistent bread crumbs, dried breads or pastas that are ground through extra thickness of product.	All other breads, rolls, crackers, biscuits, waffles, French toast, muffins, etc.	
Cereals	Coated cereals such as flake-type cereals.	All dry cereals. Coated cereals with lumps, seeds or chunks. Granola.	Small amounts of cream or milk may be added to a coated cereal to get enough to moisten them.
Desserts	Smooth puddings, custards, yogurt, puréed soups and nutella.	Ice, gelatin, jelly, etc. Fresh juicy fruits, cookies, cakes, pies, pastries, cream or custard puddings, bread and rice pudding, baked yogurt.	Frozen fruits, milk shakes, frozen yogurt, cottage cheese, nutritional supplements, ice cream, sorbet, regular or sugar-free protein drinks.

\*Allergenic foods are highlighted in red.

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