



## Key Components of the IDDSI Framework

### IDDSI

The IDDSI (International dysphagia diet standardisation initiative) framework consists of a scale of 9 levels (0 - 7), where drinks are measured from Levels 0 – 4, while foods are measured from Levels 3 – 7 ( Level 7 Easy Chew and Level 7 Regular).



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Derivative works extending beyond language translation are NOT PERMITTED.

### IDDSI Training Videos:



### Fluids: Level 0-4



**Level 0: Thin fluids** - No Nutilis Clear required



**Level 1: Slightly thick** - 1 level scoop of Nutilis Clear



**Level 2: Mildly thick** - 2 level scoops of Nutilis Clear



**Level 3: Moderately thick** - 3 level scoops of Nutilis Clear



**Level 4: Extremely thick** - 7 level scoops of Nutilis Clear

<b>Level 1: Slightly thick</b>	
1 level scoop of Nutilis Clear in 200ml drink	x 1
<b>Level 2: Mildly thick</b>	
2 level scoops of Nutilis Clear in 200ml drink	x 2
<b>Level 3: Moderately thick</b>	
3 level scoops of Nutilis Clear in 200ml drink	x 3
<b>Level 4: Extremely thick</b>	
7 level scoops of Nutilis Clear in 200ml drink	x 7

• Always measure the liquid required, e.g. 200ml.  
 • 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 first place the liquid in the glass/cup/shaker and add the powder second.  
 • To avoid lumps start stirring or shaking as soon as possible.  
 • **Leave to stand for one minute.**  
 • Stir gently for five seconds, then serve.

\*Please see IDDSI framework for full details on descriptions. For healthcare professional use only. Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.  
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### Key things to note when thickening fluids:

- Add level scoop(s) of powder to a dry glass, cup or bowl.
- Slowly add the 200ml of liquid while stirring continually.
- Stir until the powder is completely dissolved.
- Leave the drink to stand for up to 3 or 4 minutes until the desired consistency is achieved and consume within 2 hours.
- Please note that Oral Nutritional Supplements (ONS) should never be thickened. Pre-thickened ONS will be advised by the Dietitian.

### Please note:

There are other thickeners available, however Nutilis Clear is first line on the NHSGGC formulary

### IDDSI Diet

**Level 3:**  
Liquidised



**Level 4:**  
Puree



**Level 5:**  
Minced and Moist



**Level 6:** Soft and Bite Sized



**Level 7:** Easy to Chew



**Level 7:** Regular

