

Description not Prescription

Changes to the Dysphagia Diet and how Medtrition® can help

The classification of the dysphagia diet is changing both in the US and globally. Current practice in the United States is to use the National Dysphagia Diet (NDD) however, we have been slowly transitioning to the International Dysphagia Diet Standardization Initiative (IDDSI). IDDSI is an initiative to standardize the classification of texture modified diets and improve the safety surrounding these interventions. Testing methods are easy replicated in healthcare facilities and homes according to recommendations. Understanding the path and how it will effect product offerings, classification and updated terminology will be important both for sales and distribution.

National Dysphagia Diet

- Food should be soft, moist and cohesive in texture
- Finely chopped meats
- Vegetables should mash easily
- Sauces and gravies should be added

IDDSI

- Particle size 4x4mm width and no more than 15mm in length
- Easily mashable with fork without blanching thumbnail
- Holds shape on spoon without rolling off



Café Puree® level 4 & Minced and Moist® entrees are easy to implement into menus. Offering a variety of items that can be used across the dysphagia menu for variety and versatility.

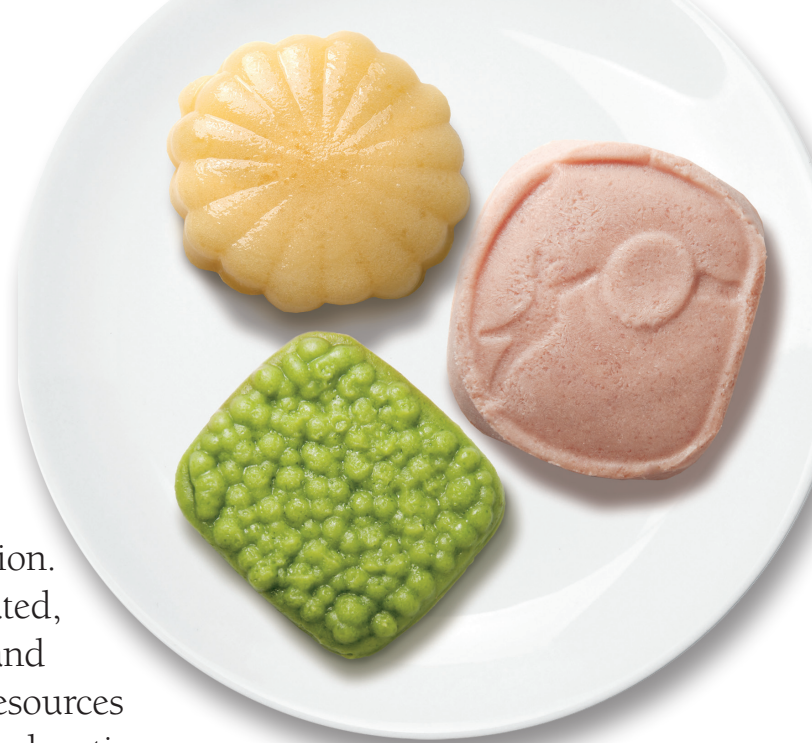
The Academy of Nutrition and Dietetics (AND) announced that the Nutrition Care Manual® (NCM) will transition to only recognizing IDDSI as the standard of care for the dysphagia population. Standard of care terminology will be updated, forcing many to update menus, stocking and offerings. This also means that resources

regarding intervention and education provided by the NCM® will only reference IDDSI after October 2021.

Understanding terminology and what Medtrition has to offer can assist with an easy transition from NND to IDDSI will ensure a smooth and successful transition.

We offer:

- Cafe Puree®, the most extensive line of dimensionally shaped Purees
- Minced and Moist Level 5 Entrees
- Gelateins, the only clear, Level 4 protein product
- Product innovators including Level 4 desserts, specialty items and the first of its kind, pureed cold cereal with milk already mixed in!



To learn more about what Medtrition has to offer your dysphagia population, visit our website today.

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We help people feel better.™

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