

What do you need to do?

- **Share this information** with anyone who supports you or any staff you work with.
- Continue modifying your food texture as you currently do
- Watch out for more information on **Level 6** if this is relevant for you
- You **don't need a reassessment** by a speech and language therapist unless you feel your swallow has changed

Help us get it right

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email lch.pet@nhs.net

Contact us

If you have any further questions please contact:

We can make this information available in Braille, large print, audio or other languages on request.

www.leedscommunityhealthcare.nhs.uk

The way we describe food texture is changing



Working in Partnership

Leeds Community Healthcare NHS Trust







Leeds Teaching Hospitals NHS Trust

Leeds and York Partnership NHS Partnership Trust

The way we describe food texture is changing

We are moving from a national set of guidelines to an international set called the International Dysphagia Diet Standardisation Initiative (IDDSI).

The new descriptors are similar to the current descriptors and generally transfer across easily.

UK national descriptor			IDDSI descriptor	
Texture B	Thin puree		Level 3	Liquidised
Texture C	Thick puree		Level 4	Pureed
Texture D	Pre-mashed		Level 5	Minced and moist
Texture E	Fork mashable		Level 6	Soft and bite sized
	Soft diet		Awaiting IDDSI confirmation, likely to be Level 7 - easy to chew	
Normal	Normal		Level 7	Regular

★ IDDSI Level 6 Soft & Bite-Sized is not the same as Texture E Fork mashable

The maximum piece size in **level 6** is 1.5cm x 1.5cm to reduce the risk of choking on food, so this is more restrictive than the old Fork Mashable (texture E) guidelines (which didn't specify piece size).

You don't need to change the way you prepare your food

Unless your dysphagia is being assessed or your recommendations have changed then keep preparing your food in the same way.

Watch out for pre-modified meals

The companies that provide modified texture meals such as Oakhouse, Wiltshire Farm Foods and Apetito are still working on getting the textures right and dual labelling with old and new descriptors. Dual labelling for different levels may appear at different times. They should all be using the new descriptors by April 2019