

# Thick & Easy™ Clear and the IDDSI framework



**A switching guide for healthcare professionals**

# Switching to IDDSI

## What is IDDSI?



The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded to develop standardised terminology to describe texture-modified foods and thickened liquids used by people with dysphagia.

## Why change

The IDDSI committee found that a number of countries had developed their own dysphagia standards using different labels, numbers and levels. People with dysphagia may come across a confusing array of terminologies for any one thickness of drink such as Nectar, Syrup, Level 150 and Mildly thick.<sup>1</sup>

The IDDSI Committee has created a universal dysphagia diet framework consisting of 8 levels (0-7). Within this framework, liquids are now defined as: Thin, slightly thick, mildly thick, moderately thick, and extremely thick.

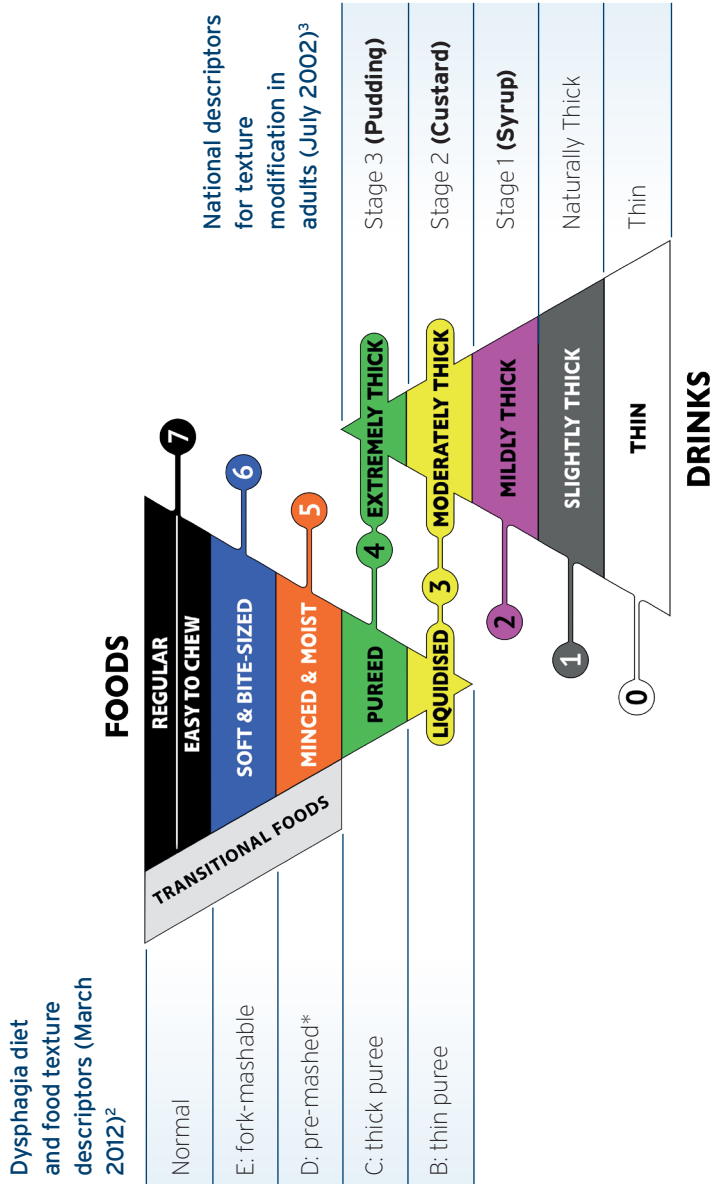
Between April 2018 - April 2019 all Fresenius Kabi dysphagia products and labels will be updated to ensure they adhere to the IDDSI framework.

## Timeline for IDDSI implementation on the UK\*



\*Timeline supplied by the IDDSI UK Committee Group

# UK descriptors and the IDDSI framework



\*The Dysphagia Diet Food Texture Descriptors for Pre-mashed (Texture D) meat pieces are approximately 2mm

# Thick & Easy Clear

## and the IDDSI framework

### What is not changing with Thick & Easy Clear?

- The tin and scoop size are not changing
- The product is not changing

### What is changing with Thick & Easy Clear?

- Updated recommended dosage on label to reflect the IDDSI framework - see conversion chart



### Conversion chart

Stages	IDDSI Level	Scoops per 200ml*†
-	① SLIGHTLY THICK	1 scoop
(Stage 1) <b>Syrup</b>	② MILDLY THICK	2 scoops
(Stage 2) <b>Custard</b>	③ MODERATELY THICK	3 scoops
(Stage 3) <b>Pudding</b>	④ EXTREMELY THICK	6 scoops

\*Scoop size = 1.4g. †Based on water.

### Product label

Recommended Dosage: 1 level scoop = 1.4g

IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
200ml liquid**	1 scoop	2 scoops	3 scoops	6 scoops

\*\* The quantity required may vary slightly dependent on the temperature and thickness of the liquid Thick & Easy Clear is added to.

Mixing Instructions: Use scoop provided in the tin

To thicken liquids:  
Add the recommended\* amount of level scoop(s) of powder into an empty dry glass. Add 200ml of desired liquid, stir briskly with a whisk or fork until dissolved. Stand for 2 minutes.

To thicken pureed foods:  
Add Thick & Easy Clear until the desired consistency is achieved.

\* As advised by Speech & Language Therapist / Healthcare professional.

**Important notes:** To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such not intended to contribute significantly to energy intake.

Not suitable for children under 3 years. For more information visit [www.dysphagia.org.uk](http://www.dysphagia.org.uk)

**Storage:** After opening, reseal and store in a cool, dry, relatively odour free environment.

ENO190 **e 126g**

# Thick & Easy Clear

## Nutrition information

Nutritional information		
Typical values	per 100 g	per scoop (1.4 g)
Energy kcal (kJ)	291.1 (1221.3)	4.08 (17.1)
Protein g	0.9	0.01
Carbohydrate g	88.2	1.2
Fat g	<0.1	<0.01
Fibre g	31.2	0.44
Sodium mg (mmol)	1344 (58.4)	18.8 (0.8)
Ingredients		
Maltodextrin, Xanthan Gum, Carrageenan, Erythritol		
<b>Important notes:</b> To be used under medical supervision only. Not suitable as a sole source of nutrition. Intended for use as a food and beverage thickener and as such, not intended to contribute significantly to energy intake. Not suitable for children under 3 years of age. Gluten and lactose free.		

# Thick & Easy Clear

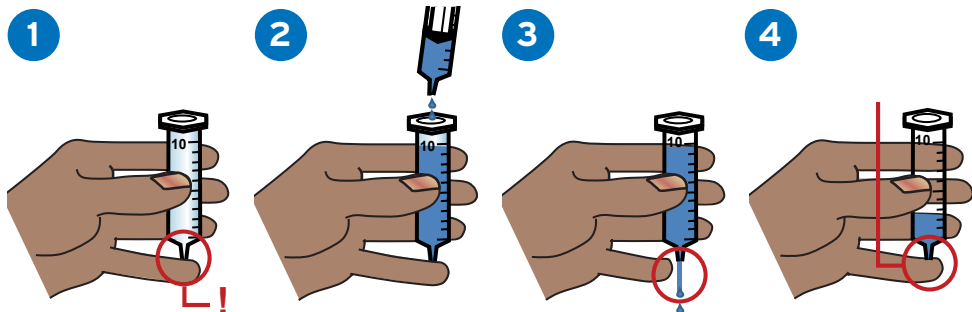
## Ordering information



Order code	
Thick & Easy Clear 126 g tin	7195401
Thick & Easy Clear 1.4 g sachet	7196401

# The IDDSI flow test

Using a 10ml syringe:



## Remove plunger

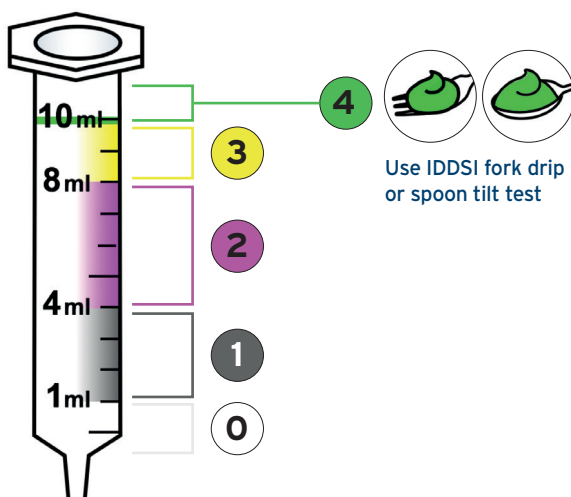
Check the nozzle is completely clear before use

## Cover nozzle with finger and fill 10ml

## Release nozzle and start timer

## Stop at 10 seconds

# Measuring results of the IDDSI flow test



For more details on drink testing methods visit:

[www.iddsi.org/framework/drink-testing-methods/](http://www.iddsi.org/framework/drink-testing-methods/)

# Fork drip test

Predominantly used for:

LIQUIDISED

3

MODERATELY THICK

PUREED

4

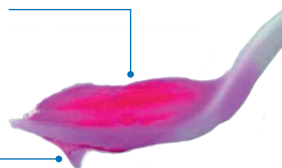
EXTREMELY THICK

Thick drinks and fluid foods (Levels 3 and 4) can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed definitions of each level.

Drips slowly or in dollops/strands through the tines/prongs of a fork



Sits in a mound or pile above the fork



A small amount may flow through and form a tail below the fork. Does not dollop, flow or drip continuously through the fork prongs

# Spoon tilt test

Predominantly used for:

PUREED

4

EXTREMELY THICK

5

MINCED & MOIST

Sample should be cohesive enough to hold its shape on the spoon

- A full spoonful must slide/pour off the spoon if the spoon is tilted sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon
  - For Level 4 sample should not be firm and sticky
  - For Level 5 sample should not be sticky
- A scooped mound may spread or slump very slightly on a flat plate



For more details on food testing methods visit:

[www.iddsi.org/framework/food-testing-methods/](http://www.iddsi.org/framework/food-testing-methods/)





# It's time to take hydration seriously

## Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research call Fresenius Kabi on **01928 533 516** or email [scientific.affairsUK@fresenius-kabi.com](mailto:scientific.affairsUK@fresenius-kabi.com)

## Helping patients to stay hydrated

Fresenius Kabi are sponsors of Hydration Angels. Together we're helping to hydrate the nation.

To find out more, visit [www.whatwemadefrom.org](http://www.whatwemadefrom.org)



### References

1. Steele C, Alsanei WA, Ayanikalath S, et al. The influence of food texture and liquid consistency modification on swallowing physiology and function: A systematic review. *Dysphagia*. 2015; 30(1): 2-26.
2. Dysphagia Diet Food Texture Descriptors. National Patient Safety Agency (NPSA) Dysphagia Expert Reference Group in association with Cardiff and Vale University Health Board. March 2012.
3. National Dysphagia Diet (NDD): Standardization for Optimal Care. National Dysphagia Diet Taskforce, American Dietetic Association (2002). Chicago (Ill).

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