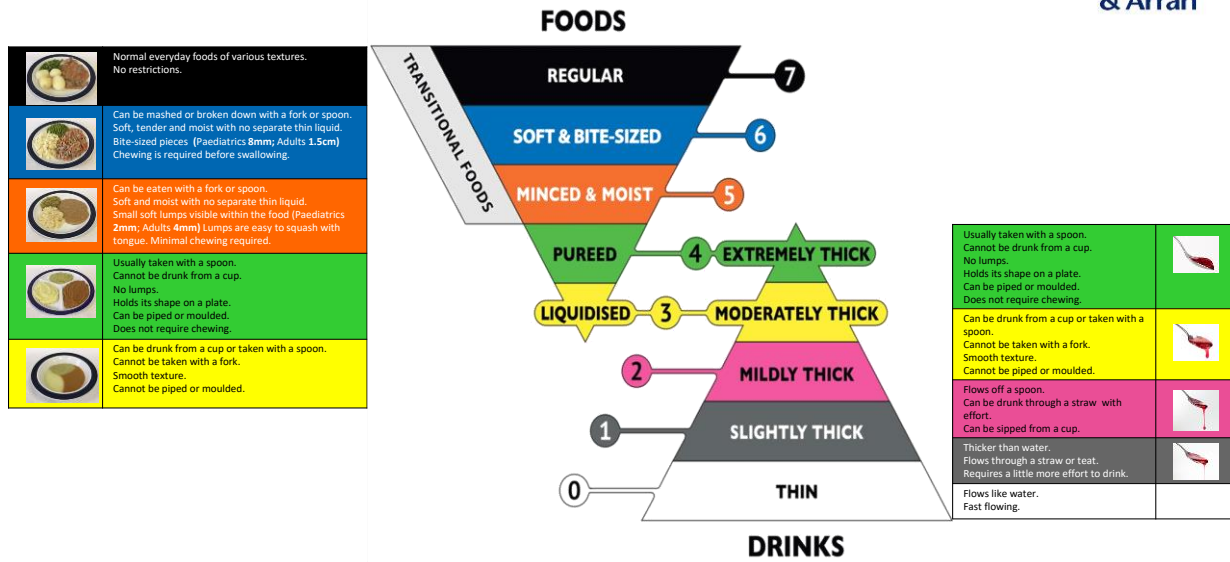


Appendix 2: IDDSI Framework









Texture Modified Food & Drink Levels



For further information please see:
The Complete IDDSI Framework Detailed Definitions – www.iddsi.org
Fluid images courtesy of Nutricia Advanced Medical Nutrition.

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NEW IDDSI GUIDELINES* Nutilis Clear: Mixing Instructions

Level 1: Slightly thick 1 level scoop of Nutilis Clear in 200ml drink  x 1	
Level 2: Mildly thick 2 level scoops of Nutilis Clear in 200ml drink  x 2	
Level 3: Moderately thick 3 level scoops of Nutilis Clear in 200ml drink  x 3	
Level 4: Extremely thick 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.

*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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