

SIMPLY MODIFIED

Refined wholefood recipes for adults living with dysphagia

IDDSI

The International Dysphagia Diet Standardisation Initiative is a global initiative designed to improve the lives of almost six hundred million people worldwide living with dysphagia. While the IDDSI does not endorse or provide certification of products, the standardisation levels are used to help clinicians guide clients around options to safely eat and drink dependent on their dysphagia presentation.

Simply Modified fosters the use of these standardisation terms and is aligned with the current international texture modifications. To provide clarity on your dysphagia journey, the meals within *Simply Modified* have been categorised into easy to chew, soft and bite-sized, minced and moist, and pureed. Within each recipe, you will notice options to modify food items to make them safe to consume across various diet levels.

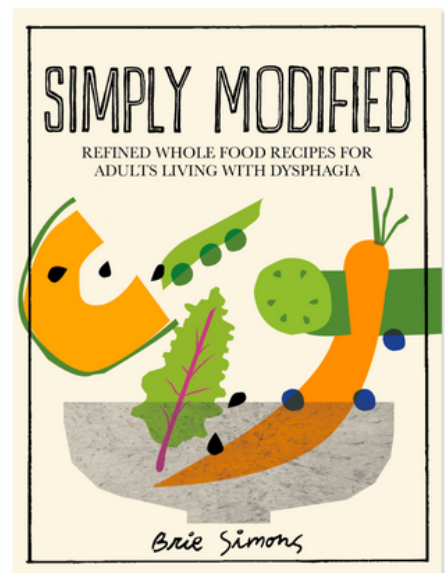
Test Guide

This is a quick and easy guide to help you implement each dysphagia diet standard correctly. Keep this handy in your kitchen, and test each meal before serving.

AVAILABLE NOW

Simply Modified includes over 50 different recipes for adults living with dysphagia.

The cookbook is available for purchase via:
www.simplymodifiedcooking.com



Dysphagia Testing Guide

Cut out your dysphagia level and keep your testing guidelines handy in the kitchen.
Happy cooking!



Level 7: Easy to chew

- + Has the food had any texture modification? no
- + Does the food break apart easily with the side of a fork? yes
- + Has the crust been removed from any bread products? yes
- + Does the meal incorporate any raw vegetables? no
- + Can the meal have mixed consistencies? yes



Level 6: Soft and bite-sized

- + Is the food moist? yes
- + When you press a fork into the food, does it stay squashed? yes
- + Is the food stringy? no
- + Is the food cut up, with pieces no larger than 1.5cm? yes
- + Is there liquid running or separating from the spoonful? no



Level 5: Minced moist

- + Is the food moist? yes
- + When you press a fork into the food, does it stay squashed? yes
- + Are the lumps 4mm or smaller? yes
- + Is there liquid running or separating from the spoonful? no
- + When a scoop is tilted from a spoon, does the food hold its shape (that is, not too watery)? yes



Level 4: Pureed

- + Are there lumps? no
- + When scooped with a fork does the puree drip continuously through the prongs of the fork? no
- + Does the puree sit in a small pile on a spoon, rather than running flat? yes
- + When a scoop is tilted from a spoon, does the food hold its shape (that is, not too watery or sticky)? yes

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