

Your clinician has recommended a

Modified Diet

Solids/Food _____

Liquids/Drink _____

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



Before you leave today, do you know:

- what foods to avoid
- what foods are safe
- how to test foods
- why this texture is recommended
- how to contact your clinician

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Derivative works extending beyond language translation are NOT PERMITTED.

RESOURCES:

iddsi.org - detailed information and testing methods

realmealsmodified.com - recipes available for all IDDSI levels