



TOOLBOX:

Nutrient Density

Nutrient to Enhance	Recommendations
Calories	Higher calorie foods Fortify with extra oils, fats, sauces, cheese, cream, avocado Beware of dilution effect
Protein	Higher protein foods and beverages Fortify with protein powder, pureed lentils, soft/silken tofu, etc
Fibre	Soft whole grains Fibre-rich fruits and vegetables Fibre supplements Legumes Fibre-rich flour substitutes
Fluids	Variety of liquids Flavoured liquids Temperature Availability of liquids Hydrating foods Proper thickening technique Free water protocol when appropriate

Food Preparation

Texture Modification:

Right Food	Avoid foods that are challenging to modify, e.g. tough meats, fibrous/stringy fruits and vegetables, skins, pits/seeds Choose tender cuts of meat
Right Equipment	Knives vs. food processors vs. blenders
Right Cooking Method	Moist heat vs dry heat High vs low heat Cooking time and moisture loss
Right Technique	Use adequate liquids but not too much Add fat to prevent stickiness

Enhancing Sensory Appeal:

- Colour and contrast
- Flavours
- Aroma

Environment

- Visual (glare, contrast, adequate lighting)
- Auditory (extraneous noise)
- Simplification –familiar routine
- Social (improved intake)
- Cultural

Positioning:

- Stability (arms on chairs/ lateral supports)
- Height/distance of chair to table
- Seat to back angle
- Head position – chin parallel to floor
- Need for more custom support

Mealtime Equipment:

- Lipped plates
- Shallow bowls
- Shorter widemouthed cups/mugs
- Consider weight/handles on dishes/utensils
- Size/weight of utensils
- Nonskid mats

Mealtime Techniques:

- Alerting techniques (washing up, oral care, sensory input (temperature, taste, texture, bolus size), adjust meal schedule)
- Encourage self-feeding/independence
- Hand over hand/ hand under hand
- Combination self and assisted feeding.

Health:

- Diagnosis (chronic, acute, progressive)
- Medications (effect, side effects, timing of administration)
- General health/strength
- Oral health
- Referrals to other professionals.

Communications/support:

- Client/family hopes/preferences/ cultural
- Education – client, family, caregivers
- Discussion and planning for future changes

RESOURCES

Web Resources

International Dysphagia Diet Standardisation Initiative www.IDDSI.org (accessed October 2024)

Multiple patient handouts, videos, ppt presentations that can be used for education. Go to the resources section. Please review use of material and copyright information.

Oakhouse Kitchen – Recipes for various IDDSI Levels

<https://oakhouse-kitchen.com/dysphagia-recipe-hub/>

Canadian Society of Nutrition Management

<https://csnm.ca/site/iddsi>

Webinars:

Thickening Liquids:

IDDSI Webinar (2024): Dr Anna Miles, Laura Brooks. Pros and Cons for Thickening Liquids for Patients with Dysphagia. <https://www.youtube.com/watch?v=omvhkcwsTII>

Steele Swallowing Lab (2024). Dr. Catriona Steele. Evidence regarding the efficacy of thickened liquids and an algorithm for appropriate use.
<https://www.youtube.com/watch?v=DtT8z1hqxl4>

Nestlé Health Science Canada Webinar (2023). Dr. Heather Keller. Malnutrition in Adults Living with Dysphagia: Strategies for Prevention, Detection, and Management.
<https://www.youtube.com/watch?v=NBfG42BAGpA&t=2366s>

IDDSI 201 Testing Methods for Food Service Workers (2022)
<https://www.youtube.com/watch?v=7C0lZOhMULw>

Resources for Dysphagia Care Provided by Webinar Participants

Note: This list was provided by healthcare professionals who registered for the webinar and was not provided by the speakers of the webinar or Nestlé Health Science Canada.

Resource list provided by webinar participants	Link to Resource
Dietitians of Canada: Dysphagia Assessment and Treatment Network	Dietitians of Canada - Join one of the largest communities of dietitians in the world
APNED: Association professionnelle des nutritionnistes experts en dysphagie	APNED
International Dysphagia Diet Standardisation Initiative (IDDSI): Patient Handouts	Home - IDDSI https://www.iddsi.org/resources/patient-handouts
Centre intégré de santé et de services sociaux de Chaudière-Appalaches (CISSS-CA)	Home - CISSS de Chaudière-Appalaches
BC Cancer	www.bccancer.bc.ca
Vancouver Coastal Health Patient Health Education Materials	Search Patient Health Education Materials Vancouver Coastal Health
Living well with dysphagia	Living Well With Dysphagia Nestlé Health Science Canada
Nestle Health Science: For Health Professionals Website	NHSc Pro Canada: A Resource Hub for Healthcare Professionals
Alberta Health Services: Patient nutrition education resources	https://www.albertahealthservices.ca/nutrition/page11115.aspx
McGill University Health Centre: Patient Resource Centres	Patient Resource Centres McGill University Health Centre
Laval University : Faculty of Agricultural and Food Science	Laval University - Damn it's good!
Nova Scotia Health: Safe eating guidelines	Safe Eating Guidelines Nova Scotia Health
Centre intégré universitaire de santé et de services sociaux de Eastern Island of Montreal	Publications-CIUP CIUSSS de l'Est-de-l'Île-de-Montréal Library
Dysphagia Cafe	Dysphagia Cafe
Beyond the blender: Dysphagia made easy by Simone Howells and Griffith University (Master of Speech Pathology Students)	https://www.griffith.edu.au/_data/assets/pdf_file/0012/540012/Beyond-the-Blender-dysphagia-cookbook.pdf