

IDDSI testing with first line supplements in the community – January 2019

Acronyms

IDDSI: International dysphagia diet standardisation initiative

ONS: Oral nutritional supplement(s)

RTUC: Resource ThickenUp Clear

First line ONS

- [Nualtra Foodlink Complete](#) / Foodlink Complete with Fibre (contains milk)
Flavours: strawberry, chocolate, banana, natural, vanilla
Provides 383 calories (when made with whole milk)
- [AYMES smoothies](#) (not milk-based but contains Vitamin D which comes from sheep's lanolin – not a vegan product)
Flavours: pineapple, mango, peach and strawberry & cranberry
Provides 297 calories

Important notes

For both products, first make the ONS first as per the instructions provided by the manufacturer.

Then, using the already made up supplement, follow the [instructions provided](#) for RTUC for mixing ONS:

- Put the required amount of thickener in a dry shaker / cup
- Add half the volume of the ONS
- Stir immediately until the powder is completely dissolved
- Add the second half of the ONS, continue to stir until completely dissolved
- Leave to stand for 20 minutes.

Foodlink

The mixture of 200ml of water or whole milk plus the Foodlink powder will make approximately 230ml of fluid. Add this amount to the RTUC powder (even though this would usually be mixed with 200ml).

Using water instead of whole milk does not appear to make a significant difference to the consistency, but we have not tested to see if the unthickened supplement changes consistency over time.

IDDSI Syringe flow test

How much liquid is left in the syringe after 10 secs:

- Level 0 – thin: under 1ml
- Level 1 – slightly thick: 1 - 4ml
- Level 2 – mildly thick: 4 - 8ml
- Level 3 – moderately thick: 8 - 10ml

Results

Table 1: all information gathered

Table 2: key information for easier interpretation

Table 1: Testing results (04/01/19, 10/01/19, 22/01/19)

ONS	# scoops RTUC	Flavour	Liquid	Timing of testing	Amount in syringe after 10 seconds	IDDSI Level
Foodlink Complete	None	banana	200ml water	Immediate	0ml	Level 0 – thin
Foodlink Complete with Fibre	None	natural	200ml whole milk	Immediate	<1ml	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	natural	200ml whole milk	Immediate	<1ml	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	natural	200ml whole milk	20 mins	<1ml	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	natural	200ml whole milk	40 mins	3ml	Level 1 – slightly thick
Foodlink Complete	1 scoop	natural	200ml whole milk	Immediate	<1ml	Level 0 – thin
Foodlink Complete	1 scoop	strawberry	200ml whole milk	20 mins	1.4ml	Level 1 – slightly thick
Foodlink Complete	1 scoop	chocolate	200ml whole milk	40 mins	1.9ml	Level 1 – slightly thick
Foodlink Complete	2 scoops	natural	200ml whole milk	Immediate	3.4ml	Level 1 – slightly thick
Foodlink Complete	2 scoops	natural	200ml whole milk	20 mins	7.2ml	Level 2 – mildly thick
Foodlink Complete	2 scoops	natural	200ml whole milk	40 mins	8.8ml	Level 3 – moderately thick
Aymes smoothie	None	pineapple	150ml water	Immediate	4.8ml	Level 2 – mildly thick
Aymes smoothie	None	pineapple	150ml water	30 mins	5ml	Level 2 – mildly thick

Table 2: Testing results (04/01/19, 10/01/19, 22/01/19) – Key information

ONS	# scoops RTUC	Liquid	Timing of testing	IDDSI Level
Foodlink Complete	None	water	Immediate	Level 0 – thin
Foodlink Complete with Fibre	None	whole milk	Immediate	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	whole milk	Immediate	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	whole milk	20 mins	Level 0 – thin
Foodlink Complete with Fibre	1 scoop	whole milk	40 mins	Level 1 – slightly thick
Foodlink Complete	1 scoop	whole milk	Immediate	Level 0 – thin
Foodlink Complete	1 scoop	whole milk	20 mins	Level 1 – slightly thick
Foodlink Complete	1 scoop	whole milk	40 mins	Level 1 – slightly thick
Foodlink Complete	2 scoops	whole milk	Immediate	Level 1 – slightly thick
Foodlink Complete	2 scoops	whole milk	20 mins	Level 2 – mildly thick
Foodlink Complete	2 scoops	whole milk	40 mins	Level 3 – moderately thick
Aymes smoothie	None	water	Immediate	Level 2 – mildly thick
Aymes smoothie	None	water	30 mins	Level 2 – mildly thick

Summary / Outcome

1st line ONS for those having thickened drinks should be [Slö milkshakes](#), which are designed to be made to the chosen consistency and are IDDSI compliant.

Foodlink supplements are IDDSI level 0 and require thickening appropriately. The RTUC instructions for thickening must be followed, however the 20 minute recommended stand time may not be sufficient.

Foodlink supplements with thickener added **continue to thicken over time** (the longest stand time for testing was 40 minutes). See table below for stand time required to achieve desired consistencies.

Table 3: Stand time required to achieve target IDDSI consistencies

Target consistency	Supplement	Amount of RTUC	Required stand time to achieve consistency	Stable?
IDDSI Level 1	Foodlink Complete	1 scoop	20 minutes	Stable at 40 mins
IDDSI Level 1	Foodlink Complete with Fibre	1 scoop	40 minutes	?May thicken further
IDDSI Level 2	Foodlink Complete	2 scoops	20 minutes	Increase to Level 3 at 40 mins
IDDSI Level 2	Aymes smoothie	None	None	Yes
IDDSI Level 3	Foodlink Complete	2 scoops	40 minutes	?May thicken further

Best options (Foodlink / Aymes) based on this testing for each IDDSI level:

Level 1: Foodlink Complete

Level 2: Aymes smoothies (no thickening required)

Level 3: Further testing required. Foodlink Complete achieves Level 3 with 2 scoops RTUC but only after 40 minutes stand time.