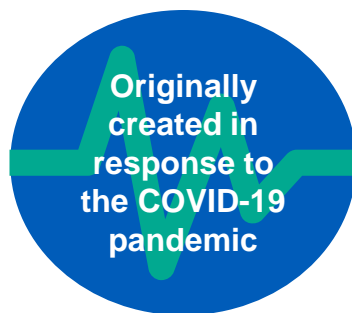


This resource makes it easier to select meals for patients with dysphagia from our accredited ready prepared meals range.

Search meals by the required texture, filtering by relevant dietary needs as well. All information has been reviewed by our dietetics and procurement teams.

This has been created in June 2020, but can be used indefinitely.



A note about Dysphagia

Dysphagia describes a range of problems associated with swallowing food and drink. It can happen for a variety of reasons including brain injury, stroke, throat or mouth surgery, or after being on a ventilator (**such as COVID-19 patients**). It can be temporary or permanent.

The texture of food and/or drink for patients with dysphagia needs to be modified to make it safer to swallow. If it isn't these patients are at risk of choking, aspiration pneumonia and ultimately death.

The type and severity of the swallowing problem determines the texture of the food and/or drink that is suitable for individual patients. Speech and Language Therapists assess each patient's swallow and prescribe the texture of food and /or drink required (i.e. the IDDSI level needed).

The Benefits



Rely on established frameworks

- Supplier audits every 6 months by an independent accreditation body - STS.
- Terms and conditions that protect you.

Remove the hassle

- Easily see what's available on the market.
- Meet your patients' needs simply and quickly.
- Frameworks already tendered in line with OJEU regulations – saving you time and money.

Use our expertise

- We have always worked closely with our NHS clients.
- Our large procurement teams source competitive products and deals.
- Our team includes nutritionists and dietitians.

Any feedback? Let us know.

There's always more we can do to support. If you have feedback, or specific requirements, please let us know.

What Is Covered

The tool is an easy to read spreadsheet that provides many filters, making it easy to search specifically for what you're looking for. There are five grouped sections, shown below. Each have up to eight different filters. Select the filter arrow in the spreadsheet and browse the different options. On the far right of the spreadsheet in section five you'll find the supplier codes when you're ready to make an order.

First section:

Meal type

(main course, snack, dessert)

Category

(chicken, vegan, cold dessert)

Cuisine type

(traditional, world foods, pies)

Portion size

Second section:

IDDSI level

Specification

(vegan, halal, higher energy)

Third section:

Allergens

Fourth section:

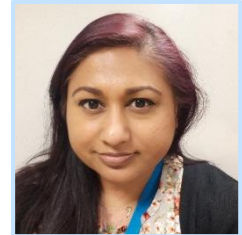
Nutrition

(per portion and per 100g)

Fifth section:

Codes

(for each supplier)



"We will be reviewing and (when necessary) updating content in the tool each month and adding this to the Food page on the NHS Supply Chain website, so don't forget to check the latest copy there."

– Rina Smith, Category Development Buyer at NHS Supply Chain: Food

The Meal Selector Tool

Dysphagic Meals - November 2020										NHS Supply Chain									
Information correct as of 29th October 2020																			
Product Detail:										Product Specification:					Contains Allergens?				
Temp. Category	Meal Type	Category	Cuisine	Product Description	Trays per case	Individual tray size	Portions per tray	Portion weight (g)	Portion weight based on	IDDSI Code	Veg	Vegan	Halal	Kosher	High energy	Lactose	Celery	Gluten	Crustaceans
Frozen	Main Course	Chicken	Traditional	Level 4 Chicken with Bread Sauce with Carrots & Marinated Potatoes & Peas	24	Single portion	1	300	Adult	4 Pureed									
Frozen	Main Course	Chicken	Traditional	Level 4 Chicken & Potato Bake with Carrots & Green Beans	24	Single portion	1	300	Adult	4 Pureed									
Frozen	Main Course	Chicken	Traditional	Chicken stuffing rich in gravy with marinated potatoes, carrots and Broccoli	12	Single Portion	1	380	Adult	4 Pureed								y	y
Frozen	Main Course	Chicken	Traditional	Hearty chicken, carrots rich in gravy with marinated potatoes, peas and Suede, parsnip	12	Single Portion	1	380	Adult	4 Pureed									y
Frozen	Main Course	Chicken	Traditional	Level 4 - Chicken & Gravy Meal	10	Single portion	1	355	Adult	4 Pureed				y		y			
Frozen	Main Course	Chicken	Traditional	Level 4 - Chicken & Gravy Meal	10	Single portion	1	365	Adult	4 Pureed				y		y			
Frozen	Main Course	Chicken	Traditional	Hormless Chicken Puree Meal	10	Single Portion	1	420	Adult	4 Pureed				y		y			
Frozen	Main Course	Chicken	Traditional	Level 5 - Chicken & Gravy Meal	10	Single portion	1	355	Adult	5 Mincd & Mairt				y		y			
Frozen	Main Course	Chicken	Traditional	Level 5 - Chicken & Gravy Meal	10	Single portion	1	365	Adult	5 Mincd & Mairt				y		y			
Frozen	Main Course	Chicken	Traditional	Chicken and Stuffing with marinated potatoes and Suede	12	Single Portion	1	380	Adult	5 Mincd & Mairt							y		y

More ranges

Some suppliers are also able to offer a case pack containing an assortment of meals. For example this could be an IDDSI level 4 meal pack containing 6 different level 4 meals with two of each (12 in total). This way you could cater to the same IDDSI level, but provide some variety. Contact your [account manager](#) to discuss.

Quality statement

The information in the meal selector tool is provided based on information from suppliers. It is accurate to the best of our ability and updated on the first of every month. Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

Click to
download
the tool

IDDSI Levels Explained

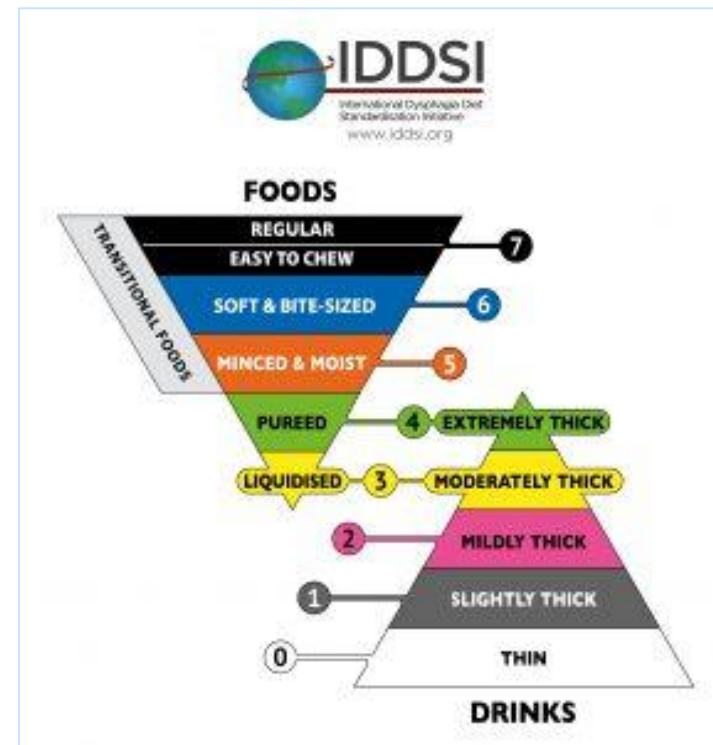
The International Dysphagia Diet Standardisation Initiative (IDDSI) is a common terminology to describe food and drink textures and thicknesses.

It has 9 levels. The first levels 0 – 4 describe the thickness of drinks, and the following levels 3 – 7 describe the different textures of food.

It's important to give the right texture to the right patient.






“Very often, patients with dysphagia also need extra nutrition to recover or have a small appetite. The dietitian may request high energy or fortified food and/or drink of a specific texture.” - **Joanna Instone, Dietitian at NHS Supply Chain: Food**



Example Food Types

IDDSI Level	Description	Example	What it means	Example product
3	Liquidised		Can be drunk from a cup. Moderate effort required to suck through a straw. No oral processing or chewing required – can be swallowed directly. Smooth texture with no bits.	120TLS Level 3 Tomato & Lentil Soup (Mrs Gill's Kitchen)
4	Pureed		Cannot be drunk from a cup or sucked through a straw. Does not require chewing. No lumps.	SP025C Pureed All Day Breakfast Level 4 (Simply Food Solutions)
5	Minced and Moist		Soft and moist with no separate thin liquid. Small lumps visible within the food – Paediatric 2mm-8mm, Adult 4mm-15mm in length. Lumps are easy to squash with the tongue.	EASY30C Cottage Pie Level 5 (Anglia Crown)

Example Food Types Continued

IDDSI Level	Description	Example	What it means	Example product
6	Soft and Bite-sized		Can be mashed or broken down with pressure from utensils. Soft, tender and moist throughout with no separate thin liquid. Chewing is required before swallowing. Bite-sized pieces as appropriate for size and oral processing skills – Paediatric up to 8mm pieces, Adults up to 15 mm pieces.	SOFT31C Beef Stew & Dumplings Level 6 (Bidfood)
7EC	Easy to Chew		Normal, everyday foods of soft/tender textures that are developmentally and age appropriate. Does not include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones.	360LH7 Easy Chew Lancashire Hotpot & Cauliflower & Carrots Level 7 (Mrs Gill's Kitchen)
7	Regular		Normal, everyday foods. Can be of any texture.	