



Crاندall

CORPORATE DIETITIANS

Transitioning from NDD to IDDSI Language

August 15, 2019

Presented by:

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LD, President/CEO



IDDSI

International Dysphagia Diet Standardisation Initiative

A global initiative to improve the lives of over 590 million people worldwide living with dysphagia

- Multidisciplinary, international group of researchers and clinicians
- **MAIN OBJECTIVES**
 - Global Terminology
 - Practical & Valid Measurement Techniques
 - All ages, all care settings, all cultures
 - Person focused vs profession focused
 - Standardized way of naming and describing dysphagia diets

The IDDSI Framework



Copyright: The International Dysphagia Diet Standardisation Initiative 2016
@ <https://iddsi.org/framework/>

Crandall IDDSI Education / Implementation Training Schedule for 2019-2020



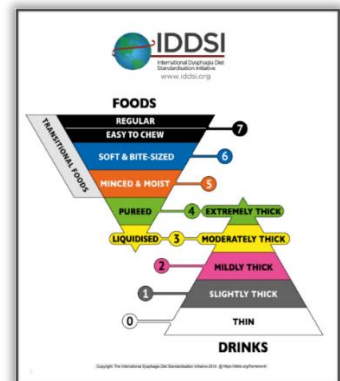
IDDSI Education / Implementation Training Schedule for 2019-2020

WEBINAR SCHEDULE

All webinars* are on Thursdays at 1:00 pm PT (2 MT / 3 CT / 4 ET)

**dates are scheduled – notices will be posted if a change is needed*

May 16, 2019	What is IDDSI? Overview of IDDSI Framework and differences from NDD / Preliminary planning steps to consider as Corporations and Communities develop their implementation plans
June 20, 2019	Policy/Form/Document Changes to Meet IDDSI Framework
July 18, 2019	Inservice/Training Changes to Meet IDDSI Framework
August 15, 2019	Transitioning from NDD to IDDSI Language Understanding how the languages compare and where they differ
September 19, 2019	Food & Liquid Testing Methods, Mixed Consistencies, and Transitional Foods
February 20, 2020	Changing Diet Orders Implementation Plan Guidance on planning and implementation for changing resident Diet Orders to reflect IDDSI language



RD TRAINING AND IMPLEMENTATION SCHEDULE

November 8, 2019 (Friday)	Industry Seminar on IDDSI and PDPM Sponsored by Crandall Corporate Dietitians & Simply Thick in Mesa, Arizona <i>(This is Crandall's Annual Conference with a new format and focus)</i>
October 2019 – January 2020	Train Communities, Physicians, Speech Pathologists prior to release of Spring/Summer menus in March/ April 2020
March/ April 2020	Communities actively changes Diet Orders just prior to Crandall Spring/Summer Menus release with IDDSI language <i>(recommend attending February 20 webinar on 'Changing Diet Orders Implementation Plan')</i>

Crandall Corporate Dietitians
and Simply Thick
presents an Industry Seminar
on IDDSI and PDPM
in Mesa, AZ on November 8, 2019



Crandall
CORPORATE DIETITIANS
& **simplythick**
present

Smoothing the transition to **IDDSI**

*Understanding and Implementing the
International Dysphagia Diet Standardisation Initiative (IDDSI)*

SPECIAL SESSION:
**Patient Driven Payment
Model (PDPM)**
CMS regulations for LTC communities and
how this relates to IDDSI

SAVE THE DATE FOR
CRANDALL'S ANNUAL CONFERENCE

**Friday,
November 8, 2019**

East Valley Institute of Technology, Mesa, Arizona
8:00 a.m. to 2:00 p.m.

The IDDSI framework is the global standard of dysphagia care. Join experts from **Crandall Corporate Dietitians** and **Simply Thick** for this highly informative, seminar featuring an overview of IDDSI, its testing methods, how PDPM relates to IDDSI, and guidance for successful implementation. Reference attached schedule for more details.

Industry Seminar on IDDSI & PDPM

(International Dysphagia Diet Standardisation Initiative & Patient Driven Payment Model)

Friday, November 8, 2019

East Valley Institute of Technology (EVIT)

Mesa, Arizona

presented by:



8:00 - 9:00 am	Registration & Continental Breakfast
9:00 - 9:45 am	IDDSI - What, How, and Why? International Dysphagia Diet Standardisation Initiative <i>Linda Crandall, LD, RD, President/CEO Crandall Corporate Dietitians and John Holahan, Inventor and Founder SimplyThick</i>
9:45 - 10:30 am	SPECIAL SESSION: Patient Driven Payment Model (PDPM) CMS Regulation Updates for Long-Term Care Communities and How this Relates to IDDSI <i>Linda Crandall, LD, RD, President/CEO Crandall Corporate Dietitians and Leslie Levanovic, MS, CCC-SLP/L, Speech Pathologist, Simply Thick</i>
10:30 - 10:45 am	Morning Break & Refreshments
10:45 - 12:30 pm	CULINARY & TESTING METHOD DEMONSTRATIONS 1: Plate Presentation - Meats / Vegetables / Fruit <i>Jon Williams, RD, COO; SLP; Robcoupe Representative</i> 2: Breads / Pastries / Desserts <i>Crandall Menu Development Team Member; SLP</i> 3: Mixed Consistency Foods / Transitional Foods / Liquid Testing <i>Leslie Levanovic, MS, CCC-SLP/L, Speech Pathologist, Simply Thick; Crandall Menu Development Team Member; Sue Bair, CDM</i>
12:30 - 12:45 pm	Afternoon Break & Refreshments
12:45 - 1:30 pm	SUCCESSFUL IMPLEMENTATION a. Policies / Forms / Documents b. Inservices / Training c. Changing Diet Orders / Menus d. IDDSI Tool Kit e. PDPM Tool Kit f. Teamwork / Collaboration <i>Linda Crandall, LD, RD, President/CEO Crandall Corporate Dietitians and John Holahan, Inventor and Founder SimplyThick, LLC:</i>
1:30 - 2:00 pm	GO FOR THE GOLD AWARDS <i>Linda Crandall, LD, RD, President/CEO Crandall Corporate Dietitians</i>

Mapping to IDDSI - Foods

Current NDD Food Textures



Regular



Dysphagia
Advanced ✓



Dysphagia
Mechanically
Altered ✓



Dysphagia
Pureed ✓



7 Regular



6 Soft & Bite-Sized



5 Minced & Moist



4 Pureed



3 Liquidised

Transitional Foods

Mapping to IDDSI - Drinks

Current NDD Liquids



Thin



(Naturally thick liquids,
e.g. infant formula,
supplements)



Nectar-thick
51-350 mPa.s @50/s ✓



Honey-thick
351-1750 mPa.s @50/s ✓



Spoon-thick
>1750 mPa.s @50/s ✓



0 Thin



1 Slightly Thick



2 Mildly Thick



3 Moderately Thick



4 Extremely Thick

7 Regular	RG7
6 Soft & Bite-Sized	SB6
5 Minced & Moist	MM5
4 Pureed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MO3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TN0

*Abbreviations suitable
for use with
Foodservice
Computer Software*

Crandall IDDSI Implementation Guide (DOC 932)

Crandall IDDSI Implementation Guide

	Tasks	2019							2020				
		May	June	July	August	September	October	November	December	January	February	March	April
WEBINAR	Be familiar with and define IDDSI vs NDD	16											
WEBINAR	Change Crandall policies, forms, and documents to meet IDDSI Framework		20										
WEBINAR	Change Crandall Inservices to meet IDDSI Framework			16									
WEBINAR	Transitioning from NDD to IDDSI language (how they compare and differ)				15								
WEBINAR	Learn testing methods for food and liquids, mixed consistencies, and transitional foods					19							
CONFERENCE	RDs train communities, physicians, and speech pathologists						In Communities						
	Crandall/Simply Thick Industry Seminar on IDDSI and PDPM in Mesa (Crandall Annual Conference)							8					
	Learn how to change diet orders to reflect IDDSI language										20		
WEBINAR	Communities actively change diet orders just prior to 2020 Spring/Summer menu release using IDDSI language - change EMR diets											In Communities	
	Implement 2020 Spring/Summer Menus with IDDSI language												Mid to Late

Preferred Wording for Diet Order and Texture Recommendations for LTC (POL 255)

PREFERRED WORDING FOR **LONG-TERM CARE** DIET ORDER AND TEXTURE RECOMMENDATIONS

This guide is for nursing to use in assisting physicians in ordering diets that correlate with the Crandall *alaCarteMenus* and *Diet Essentials* program.

<i>If Doctor Orders</i>	<i>Use the following Terminology</i>	<i>Description/Use of Diet</i>
RECOMMENDED DIETS: NOTE DIET AND CONSISTENCY ORDER MUST BE OBTAINED		
General, House, Select, DAT	Regular (RG7)	<ul style="list-style-type: none"> Meets RDA for persons 51 and over. Includes wide variety of foods to ensure nutritional adequacy Approximately 2000-2500 kcal, 50-60% calories from carbohydrates, 15-30% calories from protein (80-90 gms protein), and 30-35% calories fat/day. Appropriate for most residents, 2280 ml Fluid includes 240 ml H₂O every meal. (BK = 900ml; L = 480ml; D = 720 ml; HS = 180 ml) Note: Can be modified to be a regular finger food which means that the food is served in a manner appropriate for holding in the hand or picking up with fingers, i.e. bite-sized pieces, sandwiches.
ADA, Diabetic, LCS, NCS, RCS, Weight Reduction, Liberalized ADA	Consistent Carbohydrate (CCHO)	<ul style="list-style-type: none"> Includes most of the foods allowed on the Regular Diet, with routine use of sugar substitutes, diet syrups and diet jellies. No sugar packets served with meals. Allows some Regular desserts with meals, or snacks/activities with consideration of consistent CHO content. Is recommended for residents with a stable diabetic condition. Approximately 2000-2300 calories per day, 50-55% calories from carbohydrate, 15-30% calories protein, and 30-35% calories fat.
Low Sodium, Low Salt, No Salt, Salt Free, Salt Poor, 4-5 gm Na, Sodium-Restricted	No Added Salt (NAS)	<ul style="list-style-type: none"> Based on the Regular Diet and no salt packet on the tray. Uses salt in cooking according to the recipe. Allows salt substitutes provided only with a physician's order. Is recommended for residents with hypertensive disorders and/or non-pitting edema. Averages 4-5 grams Na per day.
NON-ROUTINE DIETS:		
High Protein, High Calorie	Regular Diet with SNP	<ul style="list-style-type: none"> Regular Diet plus whole milk three times daily, 2 eggs at Breakfast, large meat at Lunch and Dinner. Add Special Nutrition Program (SNP). Provides approximately 3000-4000 calories and 100-120 gms protein/day.
Fat Restricted, Gallbladder, Low Fat, Low Cholesterol, Cardiac Diet	Heart Healthy (Low Fat, Low Cholesterol, 2-2.5 gm Sodium)	<ul style="list-style-type: none"> Based on the Regular Diet and is intended for lowering the risk of developing heart disease by limiting the intake of fat, cholesterol and sodium. To prevent the diet from being too restrictive for the elderly, the fat is restricted to < 30% of the total calories and the sodium is restricted to 2000-2500 mg per day. Liberal use of salt-free seasonings is encouraged to produce a flavorful and appealing diet. If desired, salt substitutes must be physician ordered. Milk is limited to 2 cups per day and regular bread and margarine are limited to 3 times a day. AVOID highly salted or cured foods and salt at the table. Limited amounts of salt are used in cooking.
Renal or House Renal 80-90 gm Protein, Low K, (Encourage in Long-Term Care)	Liberal House Renal	<ul style="list-style-type: none"> Regular diet with only 4 oz milk (no additional dairy products). Low to medium potassium and phosphorous foods are permitted or limited. High potassium and phosphorous foods are limited or avoided. Potatoes are allowed once per day. AVOID high sodium foods. No salt packet served with meals. Regular foods cooked with salt are allowed. This diet provides 80 gm Protein, 2000- 2200 Calories, 3 gm Na, 3 gm K, 1200-1500 mg Phosphorous, 960 ml Fluid. (BK = 480 ml; L = 240 ml; D = 240 ml)

PREFERRED WORDING FOR **LONG-TERM CARE** DIET ORDER AND TEXTURE RECOMMENDATIONS, *continued*

This guide is for nursing to use in assisting physicians in ordering diets that correlate with the Crandall *alaCarteMenus* and *Diet Essentials* program.

<i>If Doctor Orders</i>	<i>Use the following Terminology</i>	<i>Description/Use of Diet</i>
NON-ROUTINE DIETS, <i>continued</i>:		
Renal - 80 gm Pro, 2 gm Na, 3 gm K (*Long Term Care Only)	Renal 80 gm Pro, 2 gm Na, 3 gm K	<ul style="list-style-type: none"> For residents with chronic renal failure or dialysis. This diet provides 80 gm Protein, 2000-2200 Calories, 2-2.5 gm Na, 3 gm K, 1200-1300 mg Phosphorous. The menu program allows for modification of this diet to 80 gm Protein, 2 gm Na, and 2 gm K (usually by omitting any potatoes). No salt packet served with meals. Also, modifications are available for 60 gm Protein and 40 gm Protein, 960 ml Fluid. (BK = 480 ml; L = 240 ml; D = 240 ml)
*2 gm Na (*Long Term Care Only)	2 gm Na	<ul style="list-style-type: none"> Food is prepared without salt in cooking, a salt packet is eliminated, and all salted and high sodium foods are avoided. Specially prepared reduced sodium products are substituted for foods high in sodium. Sodium is limited to 2-2.5 gm Na per day. Milk is restricted to 2 cups per day, and regular bread and margarine to 3 times per day.
DIET TEXTURE RECOMMENDATIONS:		<i>(These diet textures may need to be individualized per resident's ability to swallow or chew. A speech therapist may be utilized to determine the consistency tolerated by the resident.)</i>
Soft Regular with Chopped Meats, Dental Soft	Level 7 - Easy to Chew (EC7) (Black)	<ul style="list-style-type: none"> The Level 7 - Easy to Chew diet texture consists of normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability to break down soft/tender foods into pieces without help. <u>Intended where no increased risk of choking and swallowing problems exist.</u> Meat, poultry and boneless fish must be soft, tender and moist, shredded or chopped and served with sauces, gravy or broth. Soups must have tender meats and vegetables ≤ ½ inch in size. Casseroles must have shredded, ground or chopped meat. Eggs can be prepared any way. Smooth peanut butter is allowed. Sandwiches must have tender thin sliced meat, poultry or fish. Cereal and bread products must be served well moistened. Fruits should be soft, canned and cooked without skins. Bananas and soft berries chopped if necessary. Soft, ripe fresh fruits, i.e., peaches, nectarines, cantaloupe, honeydew, watermelon, kiwi, and mangos without seeds may be served. Tender, soft, well cooked, chopped vegetables and tender, soft fried potatoes are allowed. Cream style corn is appropriate. AVOID popcorn, dried fruit, and difficult to chew foods.

PREFERRED WORDING FOR **LONG-TERM CARE** DIET ORDER AND TEXTURE RECOMMENDATIONS, *continued*

This guide is for nursing to use in assisting physicians in ordering diets that correlate with the Crandall *alaCarteMenus* and *Diet Essentials* program.

<i>If Doctor Orders</i>	<i>Use the following Terminology</i>	<i>Description/Use of Diet</i>
DIET TEXTURE RECOMMENDATIONS, <i>continued</i>:		<i>(These diet textures may need to be individualized per resident's ability to swallow or chew. A speech therapist may be utilized to determine the consistency tolerated by the resident.)</i>
Level 3 Advanced Dysphagia, Mechanical Soft - Chopped, Mechanical Soft - Ground	Level 6 - Soft & Bite-Sized (SB6) (Blue)	<ul style="list-style-type: none"> • The Level 6 - Soft & Bite-Sized diet texture should be individualized for tolerance of mixed textures, according to the resident's ability to chew and swallow. • It is expected that mixed textures are tolerated on this diet. For some individuals this diet is a transition to a regular diet. • Foods that are difficult to chew are diced, ground, shredded, cooked or altered to make them easier to chew or swallow. • Foods still need to be moist and in "bite-size" $\leq \frac{1}{2}$ inch pieces at the oral phase of swallow. • Any foods that are very hard, sticky, or crunchy should be avoided. • Meats, poultry and fish must be very tender and moist. They must be shredded, ground or diced into $\leq \frac{1}{2}$-inch pieces and served with sauce or gravy. On Crandall ala Carte Menus, meats and poultry are served ground, moist and with gravy or sauce. Fish is served chopped or flaked and moist. • Casseroles contain shredded, ground or diced meats, fish or poultry $\leq \frac{1}{2}$ inch and do not require gravy or broth as they typically have liquids incorporated into the recipe and are moist. • Vegetables should be soft, well-cooked and chopped $\leq \frac{1}{2}$ inch. Avoid potato skins, corn and raw vegetables. • All soft, canned, cooked, and mashed fruits without skins are allowed. Bananas and soft berries with small seeds (i.e. strawberries) are allowed mashed and bite-size. • Dry cereals that moisten well with the addition of milk are allowed. • Pregelled fully moistened breads, biscuits, muffins, pancakes, waffles, noodles, rice, and other grains (well-moistened with adequate syrup, jelly, margarine, butter, gravy, or sauce) are allowed. • Pregelled fully moistened cakes, cookies and pastries must be soft and moist without dried fruits, coconut, nuts, pineapple or seeds. • AVOID chunky peanut butter; smooth peanut butter is allowed, if tolerated. Before using peanut butter, please check with your corporate policy regarding its use. • AVOID coconut, corn, dried fruits, nuts, pineapple and seeds. • Beverage/Milk/Juice and Soups to be thickened according to physician order. • When on thickened liquids, avoid foods that are liquid at room temperature like ice cream, sherbet, frozen yogurt, gelatins, etc. When these items are served, use an appropriate substitution.

PREFERRED WORDING FOR **LONG-TERM CARE** DIET ORDER AND TEXTURE RECOMMENDATIONS, *continued*

This guide is for nursing to use in assisting physicians in ordering diets that correlate with the Crandall *alaCarteMenus* and *Diet Essentials* program.

<i>If Doctor Orders</i>	<i>Use the following Terminology</i>	<i>Description/Use of Diet</i>
DIET TEXTURE RECOMMENDATIONS, <i>continued</i>:		
<i>(These diet textures may need to be individualized per resident's ability to swallow or chew. A speech therapist may be utilized to determine the consistency tolerated by the resident.)</i>		
*Level 2 Dysphagia Mechanically Altered, Dysphagia Diet <i>(*Typically not used in Assisted Living)</i>	Level 5 - Minced & Moist (MM5) (Green)	<ul style="list-style-type: none"> • The Level 5 - Minced & Moist diet texture should be individualized according to the resident's ability to chew and swallow. • This level consists of foods that are moist, soft- textured and easily formed into a bolus. It is a transition from pureed textures to more solid textures. Some chewing ability is required. • Individuals should be assessed for tolerance to mixed textures. It is expected that some mixed textures are tolerated on this modification. • Meat, poultry and fish must be tender, moist, shredded, ground or diced to ≤ ½-inch pieces and served with a non pouring sauce or gravy. Diced bite-size pieces of meatloaf and meatballs with sauce or gravy allowed. • Vegetables should be soft, well cooked, ≤ ½-inch pieces and easily mashed with a fork. • Soft, mashed, canned and cooked fruits or a soft, ripe banana are allowed. • Soups must be pureed or strained. Soft pancakes (well-moistened with syrup or sauce) are allowed. • Bread, biscuits, rolls, muffins, pastries, etc. must be pureed following an appropriate recipe or slurried and gelled throughout entire thickness. • Serve poached, scrambled or soft cooked eggs (egg yolks should not be "runny" but moist and mashable with butter, margarine or other moisture added to them). • AVOID peanut butter, coconut, corn, dried fruits, nuts, pineapple and seeds.
Level 1 Dysphagia Puree, Edentulous, Blenderized, Blended	Level 4 - Pureed (PU4) (Green)	<ul style="list-style-type: none"> • The Level 4 - Pureed diet texture is used for people who have severe chewing and/or swallowing problems. All foods are pureed to a smooth consistency, eliminating the whole chewing phase. • This modification should be individualized or adjusted to the resident's tolerance through a team approach - may include a physician, speech-language pathologist, speech therapist, a registered dietitian, and a nurse. • Puree all foods to the consistency of smooth, moist mashed potatoes or Level 4 - Extremely Thick (EX4) consistency (using an appropriate recipe). • The use of commercial thickeners in all foods, according to the resident's tolerance, is recommended. • Pureed meats are served with sauce, gravy or broth. Commercially prepared pureed shaped meats allowed. • Puree vegetables free from chunks, lumps, pulp and seeds. • Fruits should be pureed to a smooth consistency with no pulp, seeds, skin or chunks. Commercially prepared pureed shaped fruits and vegetables allowed. • Breads and bakery products must be served pureed (using appropriate recipe) or slurried and gelled through the entire thickness of the item. Pureed bread products (mixes or commercially prepared shaped products) are allowed. No coarse textures, chunks, lumps or particles are allowed. • The modification prescription should include a specific level for liquid consistency to be served, including water. Thickened beverages and thickened water should be served at allowed thickness only. • AVOID peanut butter, coconut, corn, dried fruits, nuts, pineapple, and seeds. • Beverage/Milk/Juice and pureed or strained Soups to be thickened according to physician order. When on thickened liquids, avoid foods that are liquid at room temperature like ice cream, sherbet, frozen yogurt, gelatins, etc. When these items are served, use an appropriate substitution.

Thickened Fluids: specify Level 4 - Extremely Thick (EX4), Level 3 - Moderately Thick (MO3), Level 2 - Mildly Thick (MT2), Level 1 - Slightly Thick (ST1), or Thin (TN0) consistency

Crandall Liberalized Diet Order (DOC 230)

Crandall Liberalized Diet Orders for IDDSI 2020 Spring/Summer

How to handle a Texture Modified and Therapeutic Diet:

If Doctor Orders	Use the Following Diet Order
No Added Salt Regular with Chopped Meat, Soft, or Dental Soft	Regular Easy to Chew – Level 7 with no salt packet or salt at the table
No Added Salt Mechanical Soft Diet (Level 3)	Regular Soft and Bite-Sized – Level 6 with no salt packet or salt at table.
No Added Salt Dysphagia Mechanically Altered (Level 2)	Regular Minced and Moist – Level 5 with no salt packet or salt at table.
No Added Salt Pureed Diet (Level 1)	Regular Pureed – Level 4 with no salt packet or salt at table.
2 gm Sodium Mechanical Soft Diet (Level 3)	Regular Soft and Bite-Sized – Level 6 with no salt packet or salt at table. No soups. Limit dairy to two servings daily. No salted or cured foods. Low sodium gravies and sauces.
2 gm Sodium Pureed Diet (Level 1)	Regular Pureed – Level 4 with no salt packet or salt at table. No soups. Limit dairy to two servings daily. No salted or cured foods. Low sodium gravies and sauces.
Heart Healthy Mechanical Soft Diet (Level 3)	Regular Soft and Bite-Sized – Level 6 with skim milk, egg substitute, and CCHO desserts. No cured or fried foods. Low sodium gravies, and sauces. No salt packet or salt at table. No Soups.
Heart Healthy Pureed Diet (Level 1)	Regular Pureed – Level 4 with skim milk, egg substitute, and CCHO desserts. No cured or fried foods. Low sodium gravies, and sauces. No salt packet or salt at table.
Liberalized Renal Mechanical Soft Diet (Level 3)	Regular Soft and Bite-Sized – Level 6 limit all dairy to ½ cup per day, potatoes ½ cup per day, avoid highly salted, or cured foods, whole grain breads or cereals, tomatoes, bananas, melon, and citrus. Regular gravies and sauces. No salt packet or salt substitute. No soups.
Liberalized Renal Pureed Diet (Level 1)	Regular Pureed – Level 4 limit all dairy to ½ cup per day, potatoes ½ cup per day, avoid highly salted, or cured foods, whole grain breads or cereals, tomatoes, bananas, melon, and citrus. Regular gravies and sauces. No salt packet or salt substitute. No soups.

Mechanical Soft and Pureed diets must be consistent with the International Dysphagia Diet Standardization Initiative (IDDSI) framework, i.e. all foods must be pureed on a Pureed diet. Foods containing dried fruits, coconut, nuts, seeds, or any other items not appropriate for Mechanical Soft or Pureed diets must be omitted. Refer to Crandall Diet Manual as needed.

How to handle multiple Therapeutic Diets:

If Doctor Orders	Use the Following Diet Order
No Added Salt with any other Therapeutic Diet	“Therapeutic Diet Order” with no salt packet or salt at table.
2 gm Sodium CCHO	2 gm Sodium with no sugar packet, sugar substitute and sugar free jelly and syrup, with CCHO desserts.
CCHO Heart Healthy	Heart Healthy Diet with no sugar packet, sugar substitute and sugar free jelly and syrup, with CCHO desserts.
CCHO Liberalized Renal Diet	Liberalized Renal Diet with no sugar packet, sugar substitute, sugar free jelly and syrup, and CCHO desserts.

In the event a doctor of resident is requesting multiple diet restrictions, or a restriction is not addressed in the Diet Manual, please contact:

- Crandall Corporate Dietitians at menus@consultingrd.com or 855-286-7686

Daily Spreadsheet Example for Fall/Winter 2019 and Spring/Summer 2020 (DOC 231)

Daily Spreadsheet
Sunday - Day 1

Week 1
PARSLEY - Fall/Winter 2019

SPRING / SUMMER 2020 NEW SPREADSHEET STRUCTURE WITH IDDSI TERMINOLOGY

	Regular Diet NAS (4-5 gms)	Regular Portion	Large Portion	Small Portion	Easy to Chew (EC7)	Soft & Bite Sized (SB6)	Minced & Moist (MM5)	Pureed (PU4)	CCHO	CCHO Soft & Bite Sized (SB6)	CCHO Pureed (PU4)	Finger Food Regular	Liberal House Renal	Renal 3gm K / 2gm Na / 80gm Pro.	2 Gram Sodium	Heart Healthy
	Pancakes*	2 Pancake	3 Pancake	1 Pancake	Soft and Buttered	SLURRY 2 Each	Pancakes PUREE #8	Pancakes PUREE #8	Pancake (1 Each)	SLURRY 1 Each	Pancake (1 Each) PUREE #16	BITE SIZE PIECES	Choice of Egg (1 Egg or #16) Pancake (1 Each)	Choice of Egg (1 Egg or #16) Pancake (1 Each)	Choice of Egg (1 Egg or #16) Pancake (1 Each)	Egg Substitute #16 Pancake (1 Each)

Have Questions?



888.546.3273 or
contact@consultingrd.com