

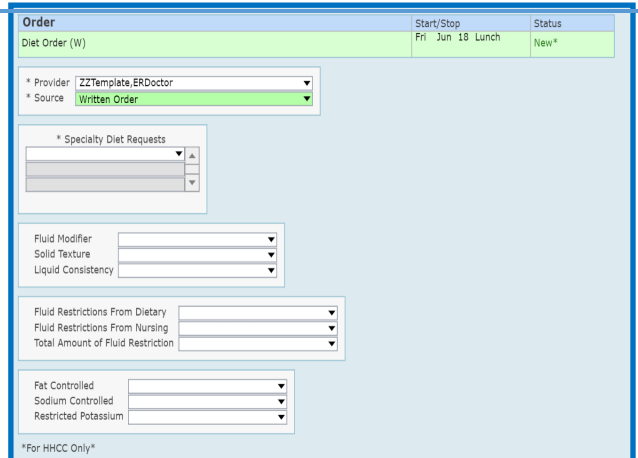
Diet Order in Meditech Expense: It is vital for all healthcare professionals, including nurses and physicians to select/order/enter appropriate diets for patients to enhance patient safety and care.

For the safety of our patients, the Meditech Expense has adopted new ways of describing foods and drinks names, which are created on the basis of International Dysphagia Diet Standardization Initiative (IDDSI).

IMPORTANT TERMS AND DEFINITIONS TO UNDERSTAND IDDSI

DIET	TEXTURE	DEFINITION										
<p>Solid</p> <table border="1"> <thead> <tr> <th>Name</th> <th>Mnemonic</th> </tr> </thead> <tbody> <tr> <td>Easy to Chew</td> <td>TXETC</td> </tr> <tr> <td>Soft and Bite Sized</td> <td>TXSFT</td> </tr> <tr> <td>Minced and Moist</td> <td>TXMIN</td> </tr> <tr> <td>Pureed</td> <td>TXPUR</td> </tr> </tbody> </table>	Name	Mnemonic	Easy to Chew	TXETC	Soft and Bite Sized	TXSFT	Minced and Moist	TXMIN	Pureed	TXPUR	<ul style="list-style-type: none"> • Easy to Chew • Soft and Bite Sized • Minced and Moist • Pureed 	<ul style="list-style-type: none"> • Softer, tender textured foods. Includes crustless bread. • Soft, tender foods. Size of food pieces designed to minimize choking risk (no bread). Chewing required. • Soft and moist, minced. No bread. • Smooth textured foods with no lumps and usually eaten with a spoon. No chewing required.
Name	Mnemonic											
Easy to Chew	TXETC											
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Minced and Moist	TXMIN											
Pureed	TXPUR											
<p>Liquid</p> <table border="1"> <thead> <tr> <th>Name</th> <th>Mnemonic</th> </tr> </thead> <tbody> <tr> <td>Mildly Thick</td> <td>MILD</td> </tr> <tr> <td>Moderately Thick</td> <td>MOD</td> </tr> </tbody> </table>	Name	Mnemonic	Mildly Thick	MILD	Moderately Thick	MOD	<ul style="list-style-type: none"> • Mildly Thick (formerly nectar like consistency) • Moderately Thick (formerly honey like consistency) 	<ul style="list-style-type: none"> • Are sippable and pour quickly from a spoon but slower than thin liquids. • Have a smooth texture with no lumps, fibers or seeds and can be drank from a cup or taken with a Spoon. 				
Name	Mnemonic											
Mildly Thick	MILD											
Moderately Thick	MOD											

- **Specialty Diet Requests** is a mandatory field where you select diet, such as regular, cardiac, and diabetic etc.
- Other fields are not mandatory; however, if a patient is experiencing or having difficulty chewing food then selecting a solid food texture, such as Easy to Chew or Soft and Bite Sized is important.
- Similarly, selecting a correct consistency of drinks/liquids, such as mildly or moderately thick is also important for the safety of patients with swallowing difficulty.



Reference: International Dysphagia Diet Standardisation Initiative. (2021). Patients handouts. [IDDSI - Patient Handouts](#)

