



IDDSI CAN DO!

Best Practices for Using IDDSI Terminology



Following our January 2022 “IDDSI CAN DO” article on “*Shifting from Dual to Single Labels,*” here is some guidance around best practices for using IDDSI terminology.

IDDSI ensures that we are using common terminology for describing food textures and drink thicknesses, which improves safety for individuals with swallowing difficulties, but did you know that there is a hierarchy of how to write IDDSI levels? Just like any language, there are rules as to how IDDSI nomenclature should be documented.

Best practice for writing IDDSI is using two level identifiers, preferably the IDDSI icon (including the designated colour) and the descriptive name:

Mildly Thick

If you can't use the icon, the next best approach is to use the descriptive name, followed by the level number:

Mildly Thick, Level 2 or Mildly Thick, MT2

And when space does not allow two identifiers, like in a diet office management system that has strict character limits, you should use the IDDSI descriptive name or the IDDSI abbreviation: **Mildly Thick or MT2**

Fun Fact! Did you know that the colours chosen for IDDSI icons can be identified by anyone, even those with colour blindness?

For more detailed information on IDDSI terminology, please go to the “CIRG IDDSI Language Usage Best Practices” presentation [here](#).

Look for more detailed information on the Canada IRG page of the IDDSI website (<https://iddsi.org/canada>)



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