

# IDDSI FRAMEWORK: Food and Drink Testing of Abbott Nutrition Products

## IDDSI BACKGROUND:

- The International Dysphagia Diet Standardisation Initiative (IDDSI) provides standardized terminology and definitions for patients with dysphagia to describe texture modified foods and thickened liquids.
- IDDSI testing is voluntary and not government mandated.
- The IDDSI Framework<sup>1</sup>:
  - Consists of a continuum of 8 levels (0-7)
  - Provides a common terminology to describe food textures and drink thickness
  - Describes tests intended to confirm flow or textural characteristics of a product at time of testing



See references for image copyright.

## ABBOTT BACKGROUND:

- **Process:** While Abbott products are not specifically designed for patients with dysphagia, Abbott applied the new IDDSI framework to test and classify oral nutritional supplements (ONS) and tube feeding products.
- **Phased Approach:** Results will be published in 4 phases starting with the highest volume, most relevant products for patients with dysphagia (timeline below).

Phase 1	Phase 2	Phase 3	Phase 4
Released by 3/31/20	Released by 6/30/20	Released by 8/31/20	Released by 10/31/20

- Abbott does not plan to incorporate IDDSI classifications onto product labels.
- Products in different containers (e.g., tetra, bottle, RTH) may be in the same product family but be processed differently. Differences in processing can affect product thickness. Therefore, IDDSI levels are specified for specific SKU/List Numbers.
- When mixing Abbott products with thickeners, testing should be repeated in the facility.

## TESTING METHODS:

- Abbott Analytical Scientists reviewed the testing protocol that was completed in Abbott’s Analytical Labs.
- Products were tested at refrigerated and room temperatures (5±2°C or 22±2°C) at beginning and end of shelf life.
- **Drink Testing:**
  - Drink testing was completed using a 10 mL slip tip hypodermic syringe with measured length of 61.5 mm from the zero line to the 10 mL line as specified by IDDSI (Sept 2019 US Manufacturer code is BD™ 303134)
  - ONS formulas tested were mostly vanilla or chocolate flavor. Other Flavors (e.g., Strawberry, Butter Pecan, Chocolate Caramel) use the same base formula as Vanilla or Chocolate and viscosity data shows no significant difference between them.
  - For all ONS formulas, 10 mL of product was emptied from the syringe for a period of 10 seconds. The amount of liquid remaining was recorded and converted to the corresponding IDDSI level.
- **Food Testing:** “Fork Drip” and “Spoon-Tilt” tests were used to confirm consistency of Ensure Pudding.

# IDDSI FRAMEWORK: Food and Drink Testing of Abbott Nutrition Products\*

Product	SKU / List No.	IDDSI Level**
Ensure® Enlive® (chocolate)	64283 64296 64721 66830	1
Ensure® Enlive® (vanilla)	64286 64293 64760 66829	0
Ensure® Enlive® (strawberry)	64281 64291 66831	0
Ensure® Compact (chocolate)	64362	1
Ensure® Compact (vanilla)	64356	1
Ensure® Plus with Fiber (chocolate)	67088	1
Ensure® Plus with Fiber (vanilla)	67086	0
Glucerna® Shake (chocolate)	57804 62933 59890 67092	0
Glucerna® Shake (chocolate caramel)	66794	0
Glucerna® Shake (vanilla)	57801 64398 59891 67092	0
Glucerna® Shake (strawberry)	57807 63458 67306	0
Glucerna® Shake (butter pecan)	57810	0

*Use Under Medical Supervision*

\*Abbott initiated testing in Fall 2019.

\*\*There may be variations in testing results due to methodology, user variability, temperature and/or age of products. Suitability of formulations for patients with dysphagia is the healthcare professionals' responsibility.

Please contact Abbott Nutrition Consumer Relations at 1-800-551-5838 with questions, or visit [www.iddsi.org](http://www.iddsi.org)

## Reference:

1. The International Dysphagia Diet Standardisation Initiative 2016. <https://iddsi.org/framework/> accessed March 2020.
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# IDDSI FRAMEWORK: Food and Drink Testing of Abbott Nutrition Products\* (continued)

Product	SKU / List No.	IDDSI Level**
Glucerna® Shake (chocolate)	64929	0
Glucerna® Shake (vanilla)	64922	0
Glucerna® Shake (strawberry)	64925	0
Glucerna® Shake (butter pecan)	64927	0
Jevity® 1.2 Cal	64625	0
Jevity® 1.5 Cal	64628	1
Promote® with Fiber (vanilla)	64631	1
TwoCal® HN (vanilla)	00729	1
TwoCal® HN (butter pecan)	54064	1
Ensure® Original Shake (Tetra) (chocolate)	64937	0
Ensure® Original Shake (Tetra) (vanilla)	64931	0
Glucerna® Hunger Smart® Shake (Tetra) (chocolate)	67070	0
Glucerna® Hunger Smart® Shake (Tetra) (vanilla)	67067	0
Ensure® Clear Nutrition Drink (blueberry pomegranate)	56500 64309	0
Ensure® Clear Nutrition Drink (mixed fruit)	62479 64305	0

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Product	SKU / List No.	IDDSI Level**
Ensure Plus (vanilla)	57263 57755 62932 67112	1
Ensure Plus (chocolate)	57266 57756 66544	1
Ensure Plus (strawberry)	57269	1
Ensure Plus (butter pecan)	57272	1
Ensure Plus (dark chocolate)	53809	1
Ensure Pudding (vanilla)	54844	4
Ensure Pudding (chocolate)	54846	4
Nepro (bottle)	62585	2
Ensure Original (vanilla)	57243 53432 57753	0
Ensure Original (chocolate)	57231 57754	0
Ensure Original (strawberry)	63389 53667 57234	0
Ensure Original (coffee)	57237	0
Ensure Original (dark chocolate)	53806	0

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Product	SKU / List No.	IDDSI Level**
Ensure Original Club (vanilla)	67108	0
Ensure Original Club (chocolate)	67110	0
Ensure Original (banana nut)	66910	0
Ensure Plus (chocolate)	58299	0
Ensure Plus (vanilla)	58303	0
Ensure Plus (strawberry)	58301	0
Glucerna Hunger Shake (vanilla)	62882 67142 67195	0
Glucerna Hunger Shake (chocolate)	62885 67143 67198	0
Glucerna Hunger Shake (strawberry)	66534 67155	0
Glucerna Snack Shake (vanilla)	59856	0
Glucerna Snack Shake (chocolate)	59859	0
Hi-Cal	58253	1
Osmolite 1.2	64635	0
Vital 1.0	64832	0
Vital 1.5	64825	0
Vital 1.2	64828	0
Jevity 1.0	64759	1
Osmolite 1.5	64837	1
Perative	64816	0
Pivot 1.5	65007	1

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Product	SKU / List No.	IDDSI Level**
Promote	64834	0
Ensure Clear (mixed berry)	64900	0
Ensure Clear (apple)	64903	0
Ensure High Protein (vanilla)	64117 64136 64273	0
Ensure High Protein (chocolate)	64115 64134 67275 64275	0
Ensure High Protein (strawberry)	66546	0
Ensure Original Shake (chocolate)	58293	0
Ensure Original Shake (vanilla)	58297	0
Ensure Original Shake (strawberry)	58295	0
Glucerna 1.0 Cal	64913	0
Osmolite 1.0 Cal	64633	0
ProMod	59721	2
Pulmocare	64811	0
Ensure Pre-Surgery	66437 65044	0
Ensure Surgery	65047 66436	0
Ensure Max (chocolate)	66899 67005	0
Ensure Max (vanilla)	67165	0

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Product	SKU / List No.	IDDSI Level**
Nepro® (Tetra) (vanilla)	64803	1
Nepro® (Tetra) (mixed berry)	64796	1
Nepro® (Tetra) (butter pecan)	64798	1
Ensure® Original Fiber Shake (vanilla)	67082	0
Ensure® Original Fiber Shake (chocolate)	67084	0
Ensure® Plus Shake Tetra (vanilla)	64905	0
Ensure® Plus Shake Tetra (chocolate)	64911	0
Ensure® Plus Shake (1Qt Bottle) (vanilla)	58251	0
Ensure® Plus Shake (1Qt Bottle) (chocolate)	58262	0
Vital® HP Tetra	64820	0
Vital® Peptide 1.5 Cal (Tetra)	66236	0
Glucerna® 1.2 Cal Can	50904	0
Glucerna® 1.5 Cal Can	53534	1
Suplena®	62088	0
Ensure® High Protein Shake (Tetra) (vanilla)	64898	0
Ensure® High Protein Shake (Tetra) (chocolate)	64895	0
Ensure® High Protein Shake (creamy caramel)	67330	0
Ensure® Light Nutrition Shake (vanilla)	64123	0
Ensure® Light Nutrition Shake (chocolate)	64121	0

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