



**Office for People With
Developmental Disabilities**

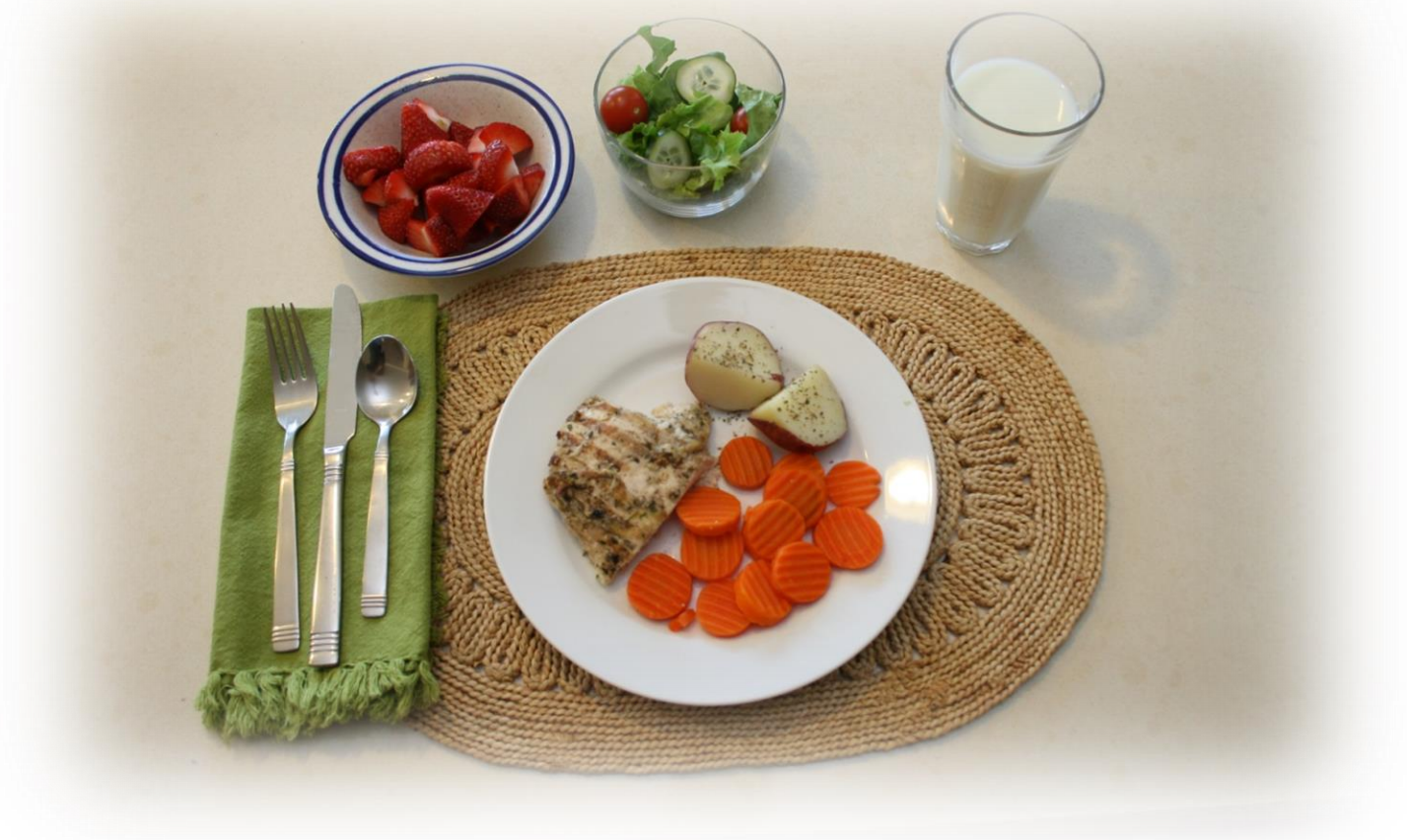
Annual Training for Choking Prevention Initiative

Added 2023

Food Consistencies

- Whole
- 1" Pieces Cut to Size
- 1/2" Pieces Cut to Size
- 1/4" Pieces Cut to Size
- Ground
- Puree
- Liquidized (Added 2023)

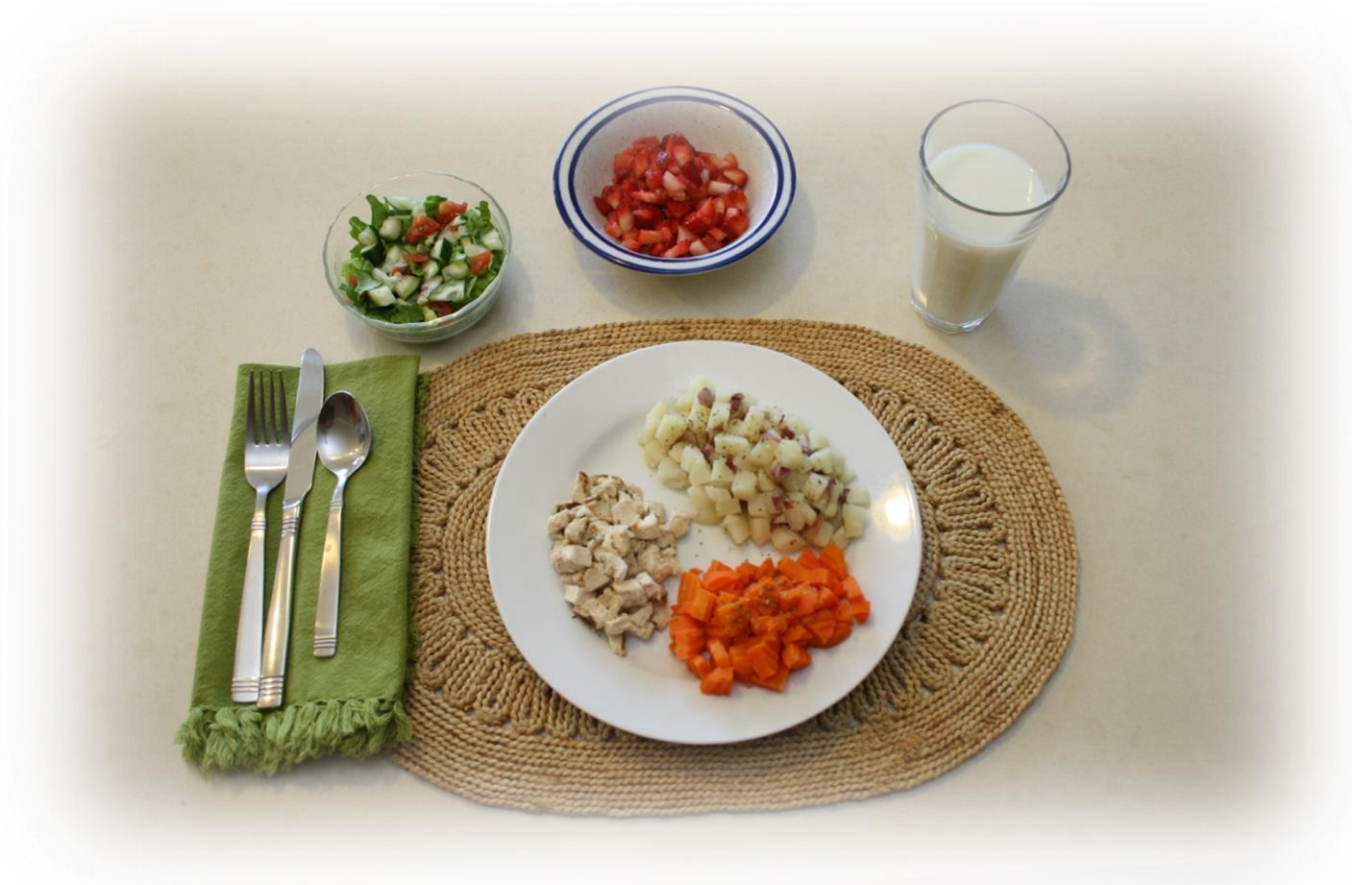
Whole



1" Pieces Cut to Size



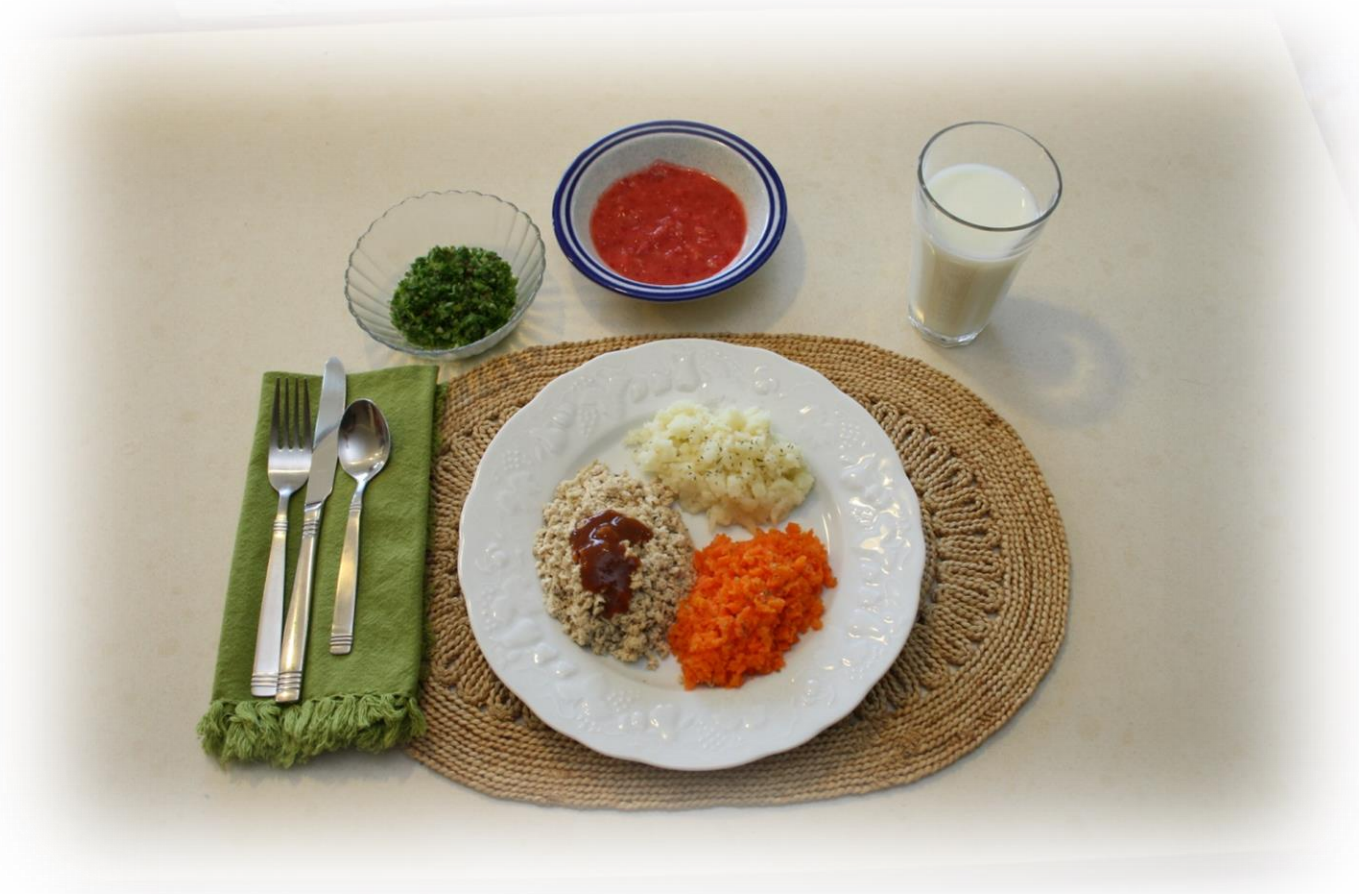
1/2" Pieces Cut to Size



1/4" Pieces Cut to Size



Ground



Pureed



Liquidized



Liquid Consistencies

- Thin (normal)
- Nectar Thickened
- Honey Thickened
- Pudding Thickened

Diet Order

Diet orders are signed by physicians and include caloric levels, nutrient restrictions, fluid restrictions as well as their food and liquid consistency.

A diet consistency can be downgraded by clinicians including Speech Language Pathologists (SLP), Dietitians (RD), Occupational Therapists (OT), and Nurses (RN), if necessary.

A diet consistency can only be upgraded with an evaluation of an SLP and a new physician's order.

Diet order consistency must be followed at all times, regardless of the location you are providing the foods or liquids.

Hot Dogs, Sausages, & Kielbasa

- It is highly recommended that all individuals on a Whole Diet have their hot dogs/sausages cut lengthwise through the skin on both sides of the hot dog/sausage to avoid a circular item from being swallowed if not chewed correctly.
- 1 Inch Pieces Cut to Size, ½ Inch Pieces Cut to Size, ¼ Inch Pieces Cut to Size:
 - Hot dogs, Sausages, and Kielbasa must be cut lengthwise before being cut to the appropriate size.
- Ground, Puree, Liquidized:
 - Hot dogs, sausages, and kielbasa with natural casing/skin are not permitted. Skinless products must be ground and served with gravy or sauce.
- Please note that this is a change from the CPI Guidelines dated 2012.

Foods That Are More Likely To Cause Choking

ANY and ALL foods or items placed into the mouth cavity can cause choking, however some food items are more likely to cause choking and they include:

Apple chunks and slice	Hard candies
Bacon	Hot dogs
Bread	Jello Jigglers™
Cheese (cubed, string or melted)	Lima beans
Chewing gum	Marshmallows (including all marshmallow candy such as Peeps™)
Coconut	M&M's™
Corn	Meatballs
Crackers (especially Wheat Thins™, Triscuits™, Saltines™)	Peanut butter
Croutons	Peanuts and other nuts and seeds
Donuts	Peas
Dried fruits	Plain rice
Dried peas or beans	Popcorn
Dry cereal	Raisins
Dry meat	Raw vegetables
Dry muffins or pound cake	Refried beans
Fresh oranges and grapefruit segments	Reese's Pieces
Fruit cocktail	Sausages
Granola	Snack chips
Grapes	Whole hard-boiled eggs
Gummy candies	

Training Materials Available

A number of training materials were developed for staff and people to use:

- Cutting Board with the correct sizes for 1” Pieces Cut to Size, ½” Pieces Cut to Size, and ¼” Pieces Cut to size.
- Poster that shows the correct measurements of food consistencies and must be printed to an 11x17” size .
- Crosswalk of OPWDD CPI Diet Consistencies with the International Dysphagia Diet Standardization Initiative (IDDSI), another diet consistency that some hospitals and nursing homes are adopting.
- Website, where you can find information about all of the training materials:
 - [Choking | Office for People With Developmental Disabilities \(ny.gov\)](https://www.opwdd.ny.gov/choking)

Peanut/Nut Butter and Jelly Sandwiches

Previously, peanut butter/nut butter was not clearly indicated in the guidelines as permitted or restricted. The updated version, clarifies when peanut butter/nut butter can be provided.

In addition, we have also provided recipes to use for all diet consistencies. If a person wants a nut butter and jelly sandwich, these recipes must be followed for the appropriate consistency according to the physician's diet order. The recipes include modifications for those with caloric and/or sugar intake restrictions.

Equipment

It is important to have the proper equipment when modifying food consistencies correctly:

- Use a sharp knife and the OPWDD cutting board or a cutting board with proper measurements for 1" Pieces Cut to Size, ½" Pieces Cut to Size, and ¼" Pieces Cut to Size.
- For a ground, pureed, or liquidized diet, you should have a good quality blender or food processor that will allow staff to modify food correctly.
- Food thickeners will be needed for ground, pureed, and liquidized diets depending on the food you are modifying. For example, fruits and vegetables have a higher water content and will need a food thickener when modifying.

Dining Out

Everyone should have the option to dine out in public, including people with diet consistency modifications. Here are some tips to make it a successful outing:

- Call ahead to make sure the establishment will modify the foods, This is especially necessary for ground or pureed diets. They may request you come on certain days of the week or earlier than the rush so they have time for the additional food modification.
- Bring adaptive dining equipment so the person can eat as independently as they do at home. Also, don't forget to bring the adaptive dining equipment back home!
- Food thickeners should also be brought to ensure proper food and liquid consistency.
- The person should not order foods on the omitted list. If needed, bring a copy of the specific food consistency the person is on so you both know that they are choosing a good option.
- Don't forget about the position, pacing, and portioning if it's applicable to the person's plan of care.

Eating in a Vehicle

- Do not eat in a vehicle unless it's stopped and it's unsafe to get out of the van.
- Always try to eat at a table.
- ALWAYS follow the correct food and liquid consistencies.
- Rewarding for a “great appointment” does NOT mean giving a person a food or liquid that is not within their consistency restrictions.
- No matter where you are providing the food, the staff providing the food is responsible for ensuring it is the appropriate consistency for the person!

Day Program

Often times, a person's lunch is leftovers from the previous night's dinner. When lunch is sent from a person's home to the day program the following must be followed:

- Program staff should store the lunches in a safe place to avoid a person from taking foods inappropriately.
- Day programs should also have the CPI cutting boards and posters within each dining area.
- It is encouraged that day programs have some foods available as a backup in the event that the wrong foods or incorrect food consistencies are brought to day program.
- When it's snack or meal time, staff should check the lunch to make sure it's the correct consistency, is moist (when applicable), and is not too thick or thin.
 - To do this staff should run a fork or spoon through the food item to ensure no lumps are present for puree or large chunks for ground.
 - If the person is on cut to size, they should look at the food items and determine if any foods need to be cut smaller.
 - All consistencies should include only foods that are on the permitted list for each consistency.

Let's Practice

Scenario 1

Donald is arriving at a new work location for an evening shift. Patrice asks him to assist Marc with his dinner. Donald has reviewed Marc's diet order and knows that Marc is on a ground diet with nectar thickened liquids. Patrice provides Marc with ground chicken, mashed sweet potatoes, and ground green beans. However, Donald knows that there is no gravy or sauce on the ground chicken. What should Donald do?

- A. Let Marc eat the food as provided by Patrice since she knows Marc better.
- B. Ask Marc if that is the correct diet consistency.
- C. Take the plate back to the kitchen and add a sauce or gravy.
- D. Throw out the food and give Marc pureed food.

Scenario 2

Natalie is on honey thickened liquids and you are taking everyone for ice cream. True or False, it's okay for Natalie to have the milk shake.

- A. True
- B. False

Scenario 3

Alvin loves peanut butter and jelly sandwiches. Alvin is on a ½” Pieces Cut to Size consistency with thin/regular liquids. Alvin forgot his lunch today and you are going to make him a peanut butter and jelly sandwich. How should you make the sandwich?

- A. With lots of peanut butter just like Alvin likes it.
- B. Following the recipe provided in the CPI Guidelines.
- C. Add ½ teaspoon peanut butter and 6 tablespoons of jelly to make his sandwich.
- D. Follow the recipe using ice cold peanut butter and not room temperature peanut butter.

Scenario 4

Marsha had a great doctor's appointment and asked for a donut. Marsha does not have any calorie restrictions, but is on a 1/4" Pieces Cut to Size diet with thin/regular liquids. Marsha's dining guidelines include that her food consistency should be alternated with liquids. Marsha wants to stop at Dunkin Donuts for a donut and milk. What should you do?

- A. Pull through the drive through and purchase the donut and milk then give them to Marsha to eat during the ride home.
- B. Tell Marsha she is not allowed to have a donut.
- C. Tell Marsha you will get her french fries to eat on the way home instead of a donut.
- D. Stop at Dunkin Donuts and purchase a glazed donut and milk. Sit with Marsha at a table inside Dunkin and cut the donut up into 1/4" pieces. Ensure that Marsha eats the donut alternating with sips of milk between bites as indicated in her dining guidelines.

Scenario 5

Sally wants to eat at a local Italian restaurant for her birthday. This is not a restaurant she has been to before and you are not sure how to provide her the pureed with nectar thickened liquid consistency she is on. Put the following in number order to plan out the meal to make it a successful visit:

1. Mix the Thicken-Up with the beverage Sally chose
2. Pay the bill
3. Call the restaurant to ask if they can puree Sally's meal
4. Ask for no ice in Sally's cola
5. Pack adaptive dining equipment and Thicken-Up
6. Sally orders spaghetti and meatballs with a cola
7. Arrive a 5pm for the reservation
8. Sally's spaghetti and meatballs arrive, you run a fork through the meal to ensure it is smooth and does not have any lumps