

International Dysphagia Diet Standardisation Initiative (IDDSI) Framework¹ and Fresubin® Oral Nutritional Supplements (ONS)

This statement reflects the updated IDDSI testing results, using the IDDSI funnel, and replaces the previous statement issued using the BD 305959 syringe. The products themselves remain unchanged.

Each product was evaluated with respect to the IDDSI framework.¹ For liquids the IDDSI flow test was performed using an IDDSI funnel, and at least three individual samples were tested. For dessert style puddings the IDDSI framework fork-drip and spoon-tilt tests were used.

Testing has been completed by an independent consultant. Where possible we have tested all products and all flavours from one batch and at one time point in their shelf life. Products were tested at chilled ($6 \pm 1^{\circ}\text{C}$) and room temperature ($25 \pm 1^{\circ}\text{C}$).

All liquids become thicker when chilled, and the thickening will also vary between products depending on their fat, sugar and protein content. These variabilities have always existed.

Please note that where flavours of products fall between levels, they cannot be assigned to a particular IDDSI level. Details of these products are provided in the table below.

The following products are indicated for the dietary management of patients with or at risk of disease related malnutrition.

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Survimed® OPD Drink | | |
| Vanilla | 0 | 0 |
| Survimed® OPD 1.5 kcal Drink | | |
| Cappuccino | 0 | 0 |
| Fresubin® Jucy Drink | | |
| Apple | 0 | 0 |
| Blackcurrant | 0 | 0 |
| Cherry | 0 | 0 |
| Orange | 0 | 0 |
| Pineapple | 0 | 0 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® Original Drink | | |
| Blackcurrant | 0 | 0 |
| Vanilla | 0 | 0 |
| Chocolate | 0 | 0 |
| Peach | 0 | 0 |
| Frebini® Energy Drink | | |
| Banana | 0 | 0 |
| Strawberry | 0 | 0 |
| Frebini® Energy Fibre Drink | | |
| Chocolate | 0 | 0 |
| Vanilla | 0 | 0 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Calshake® | | |
| Chocolate | 0 | 0 |
| Banana | 0 | 0 |
| Strawberry | 0 | 0 |
| Vanilla | 0 | 0 |
| Neutral | 0-1* | 0 |
| Fresubin® Powder Extra | | |
| Vanilla | 0-1* | 0 |
| Strawberry | 0-1* | 0 |
| Chocolate | 0-1* | 0 |
| Neutral | 0-1* | 0 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® Energy Drink | | |
| Lemon | 1 | 0 |
| Vanilla | 1 | 0 |
| Strawberry | 1 | 0 |
| Blackcurrant | 1 | 0 |
| Tropical Fruits | 1 | 0 |
| Cappuccino | 1 | 0 |
| Neutral | 1 | 0 |
| Chocolate | 2 | 1 |
| Banana | 1 | 0 |

| Oral Nutritional Supplement flavour | IDDSI Level# | |
|-------------------------------------|---------------------------------------|---|
| | Chilled ($6 \pm 1^{\circ}\text{C}$) | Room Temp. ($25 \pm 1^{\circ}\text{C}$) |
| Fresubin® Energy Fibre Drink | | |
| Strawberry | 1 | 0 |
| Vanilla | 1 | 0 |
| Banana | 1 | 0 |
| Cherry | 1 | 0 |
| Chocolate | 1 | 0-1* |
| Caramel | 1 | 0 |
| Supportan® Drink | | |
| Tropical Fruits | 1 | 0 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® YoDrink | | |
| Lemon | 2 | 1 |
| Raspberry | 2 | 1 |
| Apricot-Peach | 2 | 1 |
| Fresubin® 5 kcal Shot | | |
| Lemon | 2 | 2 |
| Neutral | 2 | 2 |
| Fresubin® 2 kcal Drink | | |
| Toffee | 2 | 1 |
| Vanilla | 2 | 1 |
| Fruits of the forest | 2 | 1 |
| Apricot-Peach | 2 | 1 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|---|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® 2 kcal Drink (continued) | | |
| Cappuccino | 2 | 1 |
| Neutral | 2 | 1 |
| Fresubin® 2 kcal Mini Drink | | |
| Vanilla | 2 | 1 |
| Fruits of the Forest | 2 | 1 |
| Apricot-Peach | 2 | 1 |
| Fresubin® 2 kcal Fibre Drink | | |
| Lemon | 2 | 1 |
| Chocolate | 2 | 1 |
| Cappuccino | 2 | 1 |
| Vanilla | 2 | 1 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|---|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® 2 kcal Fibre Drink (continued) | | |
| Apricot-Peach | 2 | 1 |
| Neutral | 2 | 1 |
| Fresubin® 2 kcal Fibre Mini Drink | | |
| Chocolate | 2 | 2 |
| Vanilla | 2 | 1 |
| Fresubin® Protein Energy Drink | | |
| Vanilla | 2 | 1 |
| Wild Strawberry | 2 | 1 |
| Chocolate | 2 | 1 |
| Tropical Fruits | 1 | 0 |
| Cappuccino | 2 | 1 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|-------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® Thickened Level 2 | | |
| Vanilla | N/A | 2 |
| Wild Strawberry | N/A | 2 |
| Fresubin® Thickened Level 3 | | |
| Vanilla | N/A | 3 |
| Wild Strawberry | N/A | 3 |
| Fresubin® 3.2 kcal Drink | | |
| Hazelnut | 3 | 3 |
| Vanilla-Caramel | 3 | 3 |
| Mango | 3 | 3 |
| Cappuccino | 3 | 3 |

| Oral Nutritional Supplement flavour | IDDSI Level# | |
|-------------------------------------|---------------------------------------|---|
| | Chilled ($6 \pm 1^{\circ}\text{C}$) | Room Temp. ($25 \pm 1^{\circ}\text{C}$) |
| Fresubin® PRO COMPACT Drink | | |
| Vanilla | 3 | 2 |
| Apricot-Peach | 3 | 2 |
| Cappuccino | 2 -3 | 2 |
| Fresubin® 2 kcal Crème | | |
| Chocolate | 4 | 4 |
| Wild Strawberry | 4 | 4 |
| Cappuccino | 4 | 4 |
| Vanilla | 4 | 4 |
| Praline | 4 | 4 |

| Oral Nutritional Supplement flavour | IDDSI Level [#] | |
|--------------------------------------|--------------------------|---------------------|
| | Chilled (6 ± 1°C) | Room Temp.(25 ±1°C) |
| Fresubin® Dessert Fruit Purée | | |
| Apple-Prune | 4 | 4 |
| Fresubin® YOcrème | | |
| Apricot-Peach | 4 | 4 |
| Raspberry | 4 | 4 |
| Biscuit | 4 | 4 |
| Lemon | 4 | 4 |

As standard ONS are not labelled with a specific IDDSI level, it is the responsibility of the clinician to ensure their suitability and these results should only be used as a guide. It is important to bear in mind that it can sometimes be difficult to predict serving temperature and suitability may also vary between different patients.

Standard ONS are not designed specifically for use in dysphagia and their consistency may be more sensitive to temperature and variation in syringe/funnel nozzle dimensions. We would advise extra clinical attention to ensure patients are safe with the chosen ONS.

If clinicians or patients choose to use products at other temperatures, then they do so at their risk. Clinicians are advised to audit thick fluids at the intended serving temperature.¹

If you require information regarding other products within our ONS range and their IDDSI classification, please contact us direct on 01928 533516 or email scientific.affairsUK@fresenius-kabi.com

1. Cichero JA et al. Development of International Terminology and Definitions for Texture- Modified Foods and Thickened Fluids Used in Dysphagia Management: The IDDSI Framework. *Dysphagia*. 2017;32(2):293-314. <https://iddsi.org/framework/>

N/A - Not applicable as Fresubin Thickened is a pre-thickened ONS specifically designed for patients with Dysphagia and should be served at room temperature as per the user instructions on the product label.

<https://www.iddsi.org/>

* = Borderline between levels: not clearly either level.