



This crosswalk is intended to help staff match the correct diet consistency when someone has a consistency recommended by a non-agency Speech Language Pathologist (SLP) that does not match the OPWDD Choking Prevention Initiative (CPI) Consistency Guidelines. There are several other standardized food consistencies that clinicians can use when evaluating people for their diet consistencies. Our recommendation is to always make sure that the CPI Physician Food Alert cards are sent with the person to the hospital or to appropriate appointments, so the clinicians are aware of the dietary consistency that OPWDD uses. These cards can also assist the clinician in identifying the correct diet orders for their recommendations as well.

\*Since there are variations among dietary guidelines, staff should pay attention to the details of each person’s recommended food consistencies. For example, a Level 6 diet recommendation translates into ½” Pieces Cut to Size, however if a person was previously on ¼” pieces Cut to Size, they should continue to follow that consistency.

OPWDD CPI Food Consistencies	International Dysphagia Diet (IDDSI)	National Dysphagia Diet (NDD)
Whole Diet	Level 7 - Regular	NDD4 Mechanical Soft
1” Pieces Cut to Size	Level 7 – Easy to Chew	NDD4 Mechanical Soft
½” Pieces Cut to Size	Level 6 – Soft and Bite Sized	NDD3 Mechanically Altered
¼” Pieces Cut to Size	Level 6 – Soft and Bite Sized	NDD3 Mechanically Altered
Ground	Level 5 – Minced and Moist	NDD2 Ground
Puree	Level 4 - Puree	NDD1 Puree
Liquidized (remains Honey thickened)	Liquidized – Level 3	Not Applicable

OPWDD CPI Liquid Consistencies	International Dysphagia Diet (IDDSI)
Thin Liquids	Level 0 - Thin
Nectar Thick until re-evaluation	Level 1 – Slightly Thick
Nectar Thick Liquids	Level 2 – Mildly Thick
Honey Thick Liquids	Level 3 – Moderately Thick
Pudding Thick Liquids	Level 4 – Extremely Thick

\*\*An Agency SLP should always be contacted if available when a person’s diet or liquid consistency has changed. If an Agency SLP is not available, you should contact the SLP who provided the recommendation for additional clarification when needed on food or liquid consistency.

Added 2023