



Summary of Changes made to CPI Guidelines from 2012 to 2023

- In the Introduction of Choking Prevention Part II Training Manual, we have provided our current perspective on the National Dysphagia Diet and the International Dysphagia Diet Standardization Initiative.
- In Choking Prevention Part I Training Power Point of Choking and Aspiration, 2 slides have been added to introduce food consistency information.
- We have added a new consistency called Liquidized, which is a consistency that is thinner than puree. The thickness of nectar or honey thickened is determined by the Speech Language Pathologist.
- We have provided definitions of soft and hard to clarify language used throughout the guidelines.
- We have removed the Hot Dogs and Sausages section entirely, instead we provide guidance on the specific diets throughout the guidelines. This also includes that a whole diet does not mandate them to be cut lengthwise, but instead encourages it.
- Language has been clarified on 1" Pieces Cut to Size and 1/2" Pieces Cut to Size to ensure that people who have the ability to cut their foods are permitted to do so.
- Peanut Butter and other nut/seed butters has been clarified throughout the guidelines to be included within each consistency. The previous version did not clarify which consistencies could or could not have peanut butter and other nut/seed butters.
- Peanut Butter and Jelly Sandwich recipes are provided and must be used for all consistencies other than a Whole diet. These recipes were created and validated by dietitians and speech language pathologists from around NYS. These recipes should also be followed for other nut and seed butters and jelly sandwiches as well.