

Supplemental Material S1. Recipes for radio-opaque food stimuli used in VFSS B.

In the second videofluoroscopic swallow study protocol (VFSS B), radio-opaque food stimuli in IDDSI Levels 5 (Minced and Moist), 6 (Soft and Bite-Sized) and 7 (Regular) were prepared according to the following recipes:

IDDSI Level 5 Minced and Moist Food:

1. Create 125 ml of a 30% w/v liquid barium solution using 39 grams of Bracco E-Z-Paque® Powder and 116 grams of bottled water. Mix using a kitchen stand mixer for 2 minutes 30 seconds.
2. In a separate container, combine 15.92 of breadcrumbs (Darlington® Pureed BreadMix Product No.30110, Rubicon Foods, Indianapolis, Indiana 46256) and ½ tablespoon (7.5 ml) of cocoa powder (Fry’s* Premium Cocoa).
3. Measure 3.7 ml of canola oil (Longo’s brand) using a syringe and add to the breadcrumb and cocoa powder mixture.
4. Add 60 ml of the 30% w/v liquid barium solution to the breadcrumb, cocoa powder and oil mixture. Stir manually until evenly blended.

IDDSI Level 6 Soft and Bite-sized Food:

1. Create 125 ml of a 40% w/v liquid barium solution using 52 grams of Bracco E-Z-Paque® Powder and 113 grams of bottled water. Mix using a kitchen stand mixer for 2 minutes 30 seconds.
2. In a separate container, combine 15.92 of breadcrumbs (Darlington® Pureed BreadMix Product No.30110, Rubicon Foods, Indianapolis, Indiana 46256) and ½ tablespoon (7.5 ml) of cocoa powder (Fry’s* Premium Cocoa).
3. Measure 3.7 ml of canola oil (Longo’s brand) using a syringe and add to the breadcrumb and cocoa powder mixture.
4. Add 30 ml of the 30% w/v liquid barium solution to the breadcrumb, cocoa powder, and oil mixture. Stir manually until evenly blended.
5. Allow the mixture to sit for 10 minutes to allow it to solidify.
6. Using gloves, remove ½ teaspoon portions from the mixture and shape into cubes of 1.5 cm³. Serve by teaspoon.

IDDSI Level 7 Regular Food:

This consistency is prepared by smearing a barium paste onto a Carr’s® Table Water® Cracker.

To create the barium paste, follow these instructions:

1. Create one cup of paste using 108 grams of Bracco E-Z-Paque® Powder and a full 108 g container of Kraft Jell-O chocolate pudding. Stir manually until well blended.
2. Smear the chocolate barium paste onto the cracker just prior to use.