

## FAQ Category: Drinks; Testing Methods

### Q: Won't fruit smoothies and liquidised soups clog up the syringe?

**A:** The official IDDSI recommendation is that products in Levels 0-4 should be smooth and homogeneous, without particles or lumps. If you are blending a smoothie or a soup, then you must take care to ensure there are no lumps or seeds. If particles clog the syringe during the IDDSI Flow Test, then additional blending or passing through a sieve is recommended. The IDDI Flow test has been successfully used to measure the thickness of soup and smoothies. It is also sensitive enough to show changes in consistency with a change in temperature. It should be noted that the IDDSI Flow Test is designed to confirm the flow characteristics of levels 0-3. Level 4 Extremely thick fluids will not flow through the syringe or may pass only 1-2 droplets. At this level, the Spoon Tilt Test and Fork Drip test are recommended to confirm sample characteristics. (See IDDSI Testing Methods document for further information (<http://iddsi.org/resources/framework/>))



This document is to be read in conjunction with the Complete IDDSI Framework, IDDSI Testing Methods and IDDSI Evidence documents (<http://iddsi.org/resources/framework/>).