

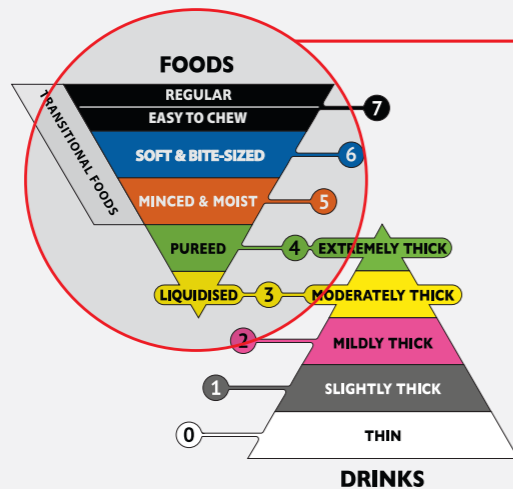
FOOD CLASSIFICATION AND TESTING

ADULT & PEDIATRIC

IDDSI ABBREVIATIONS







7 Regular	RG7
7 Easy To Chew	EC7
6 Soft & Bite-Sized	SB6
5 Minced & Moist	MM5
4 Pureed	PU4
4 Extremely Thick	EX4
3 Liquidised	LQ3
3 Moderately Thick	MO3
2 Mildly Thick	MT2
1 Slightly Thick	ST1
0 Thin	TNO

IDDSI PYRAMIDS





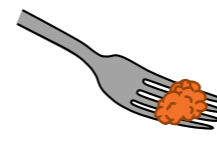

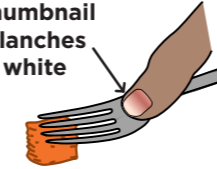
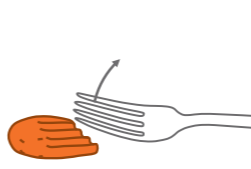
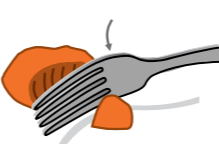
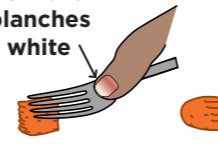
FOODS

TESTING INFO

7		LEVEL 7 - REGULAR RG7 No specific testing information.	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
		LEVEL 7 - EASY TO CHEW EC7	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
6		LEVEL 6 - SOFT & BITE-SIZED SB6 Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.	Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.
		LEVEL 5 - MINCED & MOIST MM5 4mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Very soft, small moist lumps, minimal chewing ability needed.
4		LEVEL 4 - PUREED PU4 Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.
		LEVEL 3 - LIQUIDISED LQ3 No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.	Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

TRANSITIONAL FOODS

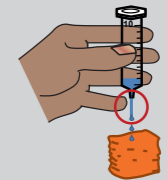
FOOD TEST INSTRUCTIONS

4	PUREED		
4	EXTREMELY THICK		
5	MINCED & MOIST		
		ADULT 4mm CHILD 2mm	
6	SOFT & BITE-SIZED		
		Thumbnail blanches white	
7	EASY TO CHEW		
		Thumbnail blanches white	

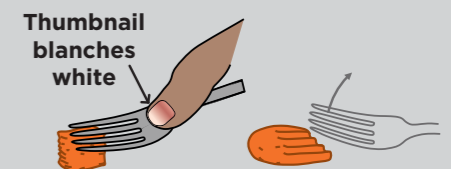
TRANSITIONAL FOOD TEST INSTRUCTIONS

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.



2. Then complete the IDDSI Fork Pressure Test.



IDDSI PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS

Basic American Foods, Revolution Group, BD, Dr Oetker Professional, Leahy IFP, Lyons Magnus, Shalit Foods