

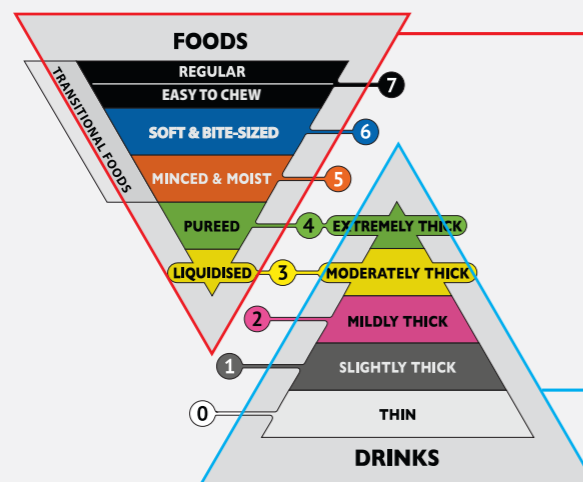
## FOODS, DRINKS/LIQUIDS TESTING

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



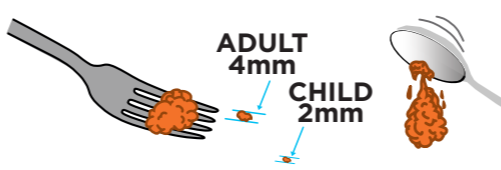
### FOOD TEST INSTRUCTIONS

**4 PUREED** **4 EXTREMELY THICK**



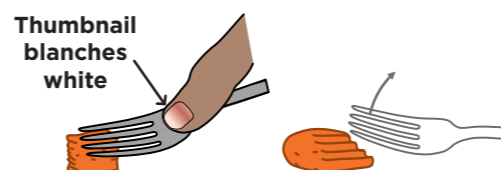
**5 MINCED & MOIST**

ADULT 4mm  
CHILD 2mm



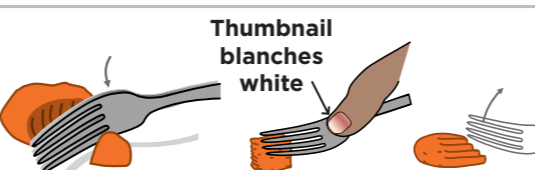
**6 SOFT & BITE-SIZED**

Thumbnail blanches white



**7 REGULAR** **7 EASY TO CHEW**

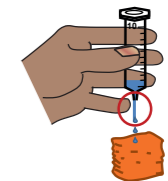
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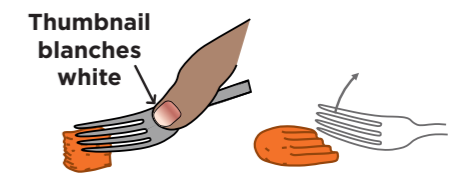
### TRANSITIONAL FOOD TEST INSTRUCTIONS

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.



### FLOW TEST INSTRUCTIONS




Length of 10ml scale = 61.5 mm

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & start timer
4. Stop at 10 seconds






### IDDSI PLATINUM SPONSORS

