

IDDSI

International Dysphagia Diet
Standardisation Initiative

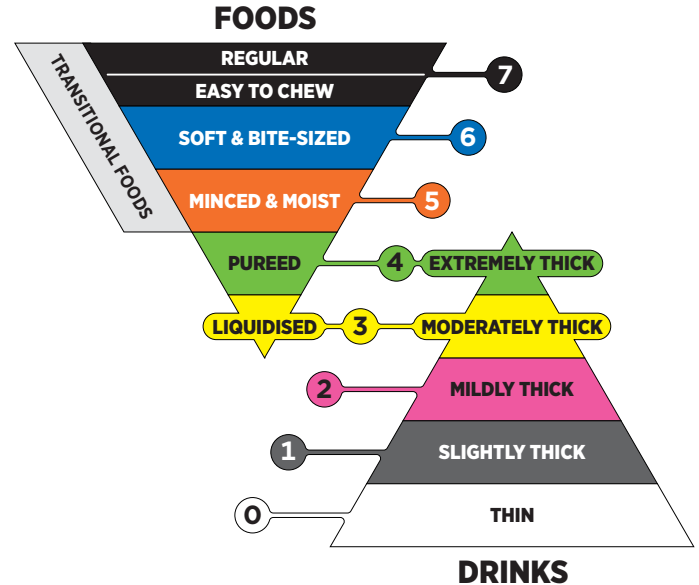
www.iddsi.org

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Testing Reference Card

TNO	0 Thin
ST1	1 Slightly Thick
MT2	2 Mildly Thick
MO3	3 Moderately Thick
LO3	3 Liquidised
EX4	4 Extremely Thick
PU4	4 Pureed
MMS	5 Minced & Moist
SB6	6 Soft & Bite-Sized
EC7	7 Easy To Chew
RG7	7 Regular

IDDSI ABBREVIATIONS



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For more information:
[Web: www.iddsi.org](http://www.iddsi.org)



Particle size

Adult - 4mm
ADULT

Child - 2mm
CHILD

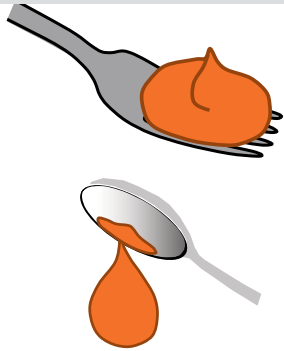
Bite size

15 mm
ADULT

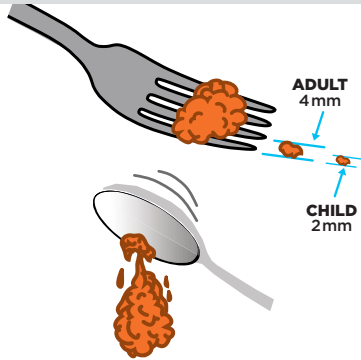
8 mm
CHILD

Food Test

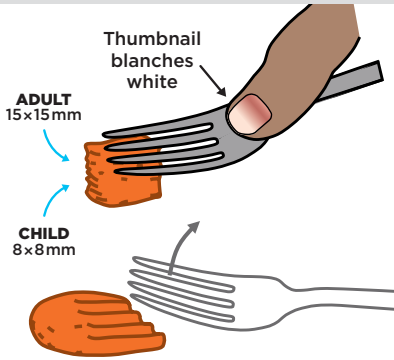
4 PUREED



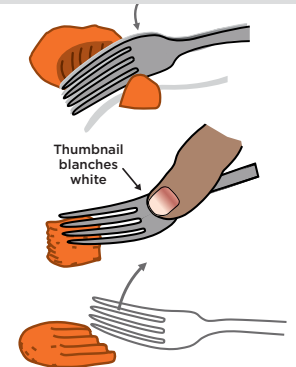
5 MINCED & MOIST



6 SOFT & BITE SIZED



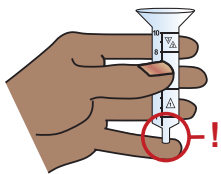
EC 7 EASY TO CHEW



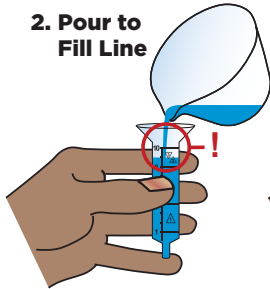
Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.

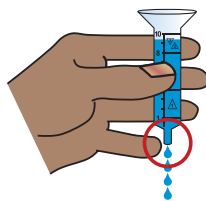
1. Cover nozzle with finger



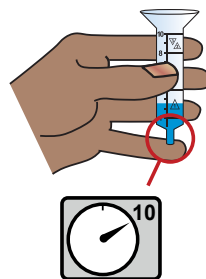
2. Pour to Fill Line



3. Remove finger from nozzle as you start the stopwatch



4. Stop at 10 seconds



Level 4: Use IDDSI fork-drip + spoon-tilt tests
Level 3: Use IDDSI flow + fork-drip tests

