

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.
EC 7		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 1.5 cm in size for adults and 8 mm x 8 mm 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.
5		LEVEL 5 - MINCED & MOIST MM5 4 mm lump size for adults and 2 mm 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.
3		LEVEL 3 - LIQUIDISED LQ3 No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands 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 that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

TRANSITIONAL FOODS TEST INSTRUCTIONS

- Add 1mL of water to 15 mm x 15 mm sample and wait 1 minute (child: 8 mm x 8 mm)
- Then complete the IDDSI Fork Pressure Test

Thumbnail blanches white

FLOW TEST INSTRUCTIONS

Use IDDSI funnel

- Cover nozzle with finger
- Pour to Fill Line
- Remove finger from nozzle as you start the stopwatch
- Stop at 10 seconds

TESTING INFO

4	PUREED		LEVEL 4 - EXTREMELY THICK EX4 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.	4
4	EXTREMELY THICK			
5	MINCED & MOIST	 ADULT 4mm CHILD 2mm	LEVEL 3 - MODERATELY THICK MO3 No less than 8 mL remaining in the funnel after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.	3
6	SOFT & BITE-SIZED	 Thumb nail blanches white ADULT 15 mm x 15 mm CHILD 8 mm x 8 mm	LEVEL 2 - MILDLY THICK MT2 4-8mL remaining in the funnel after 10 sec of flow.	2
EC 7	EASY TO CHEW	 Thumb nail blanches white	LEVEL 1 - SLIGHTLY THICK ST1 1-4 mL remaining in the funnel after 10 sec of flow.	1
			LEVEL 0 - THIN TN0 Less than 1mL remaining in the funnel after 10 sec of flow.	0

DRINKS / LIQUIDS