

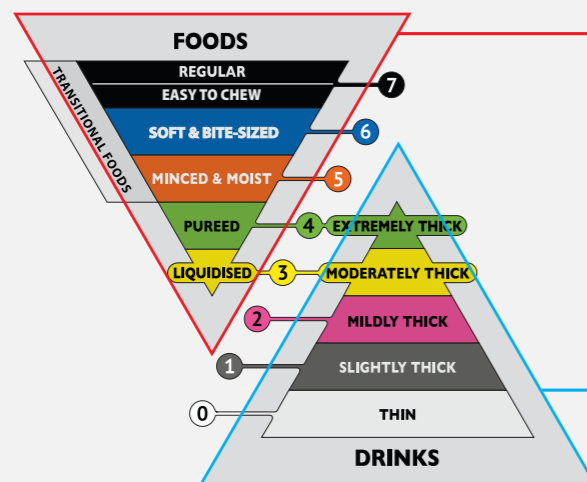
## FOODS, DRINKS/LIQUIDS TESTING

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

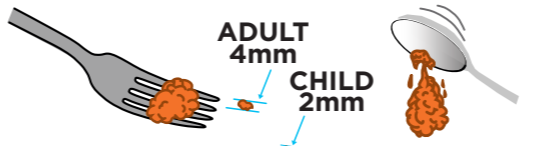
### IDDSI PYRAMIDS

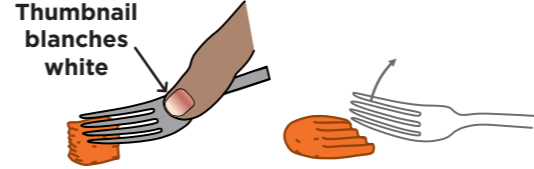


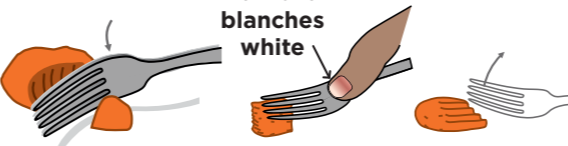
### FOOD TEST INSTRUCTIONS

**4 PUREED** 

**4 EXTREMELY THICK** 

**5 MINCED & MOIST** 

**6 SOFT & BITE-SIZED** 

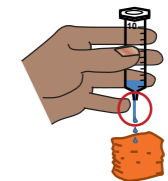
**7 REGULAR** 

**7 EASY TO CHEW**

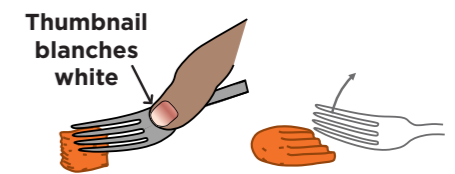
### TRANSITIONAL FOOD TEST INSTRUCTIONS

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.



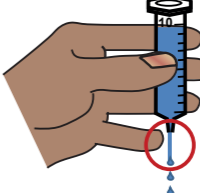
2. Then complete the IDDSI Fork Pressure Test.



### 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 

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**GOLD SPONSORS**



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