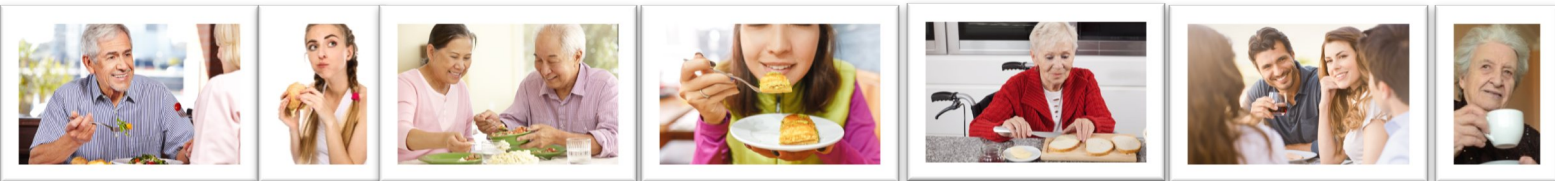


About the IDDSI Consumer Handouts



IDDSI has created these handouts in consultation with clinicians and patients. The handouts can be used by people who have feeding, chewing or swallowing problems, their caregivers and clinicians. There are separate handouts that have been designed for adults, and handouts that have been designed for use with babies and children. The handouts provide easy-to-read information about the IDDSI levels and their testing methods. The food levels also include examples of foods for each level, and food textures to avoid. Some handouts have only one page and others have 3 or 4 pages. The table below provides a list of the handouts and the number of pages for each handout.

Consumer handouts for adults and their carers		Consumer handouts for babies and children and their carers	
General			
General Back page	1 page	General Back page	1 page
		FAQ when to move from 'baby and child' food piece sizes to 'adult' food piece sizes	1 page
Drinks			
Level 0 – Thin	1 page	Level 0 - Thin	1 page
Level 1 – Slightly Thick		Level 1 – Slightly Thick	1 page
Level 2 - Mildly Thick	1 page	Level 2 - Mildly Thick	1 page
Level 3 - Moderately Thick	1 page	Level 3 - Moderately Thick	1 page
Level 4 - Extremely Thick	1 page	Level 4 - Extremely Thick	1 page
Food			
Level 3 – Liquidised	1 page	Level 3 – Liquidised	1 page
Level 4 – Pureed	2 pages	Level 4 – Pureed	2 pages
<ul style="list-style-type: none"> General information Food textures to avoid 		<ul style="list-style-type: none"> General information Food textures to avoid 	
Level 5 - Minced & Moist	3 pages	Level 5 - Minced & Moist	3 pages
<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 		<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 	
Level 6 - Soft & Bite-Sized	3 pages	Level 6 - Soft & Bite-Sized	3 pages
<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 		<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 	
Level 7- Easy to Chew	4 pages, 3 files	Level 7 - Easy to Chew	4 pages, 3 files
<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 		<ul style="list-style-type: none"> General information Examples of for this level Food textures to avoid for this level 	
Level 7 - Regular	1 page	Level 7 - Regular	1 page
Transitional Food	1 page	Transitional Food	1 page



0 THIN



Use of Level 0 Thin Liquids for Adults

What is this thickness level?

Level 0 - Thin drinks:

- ✓ Flow like water
- ✓ Can flow through a straw or teat/nipple

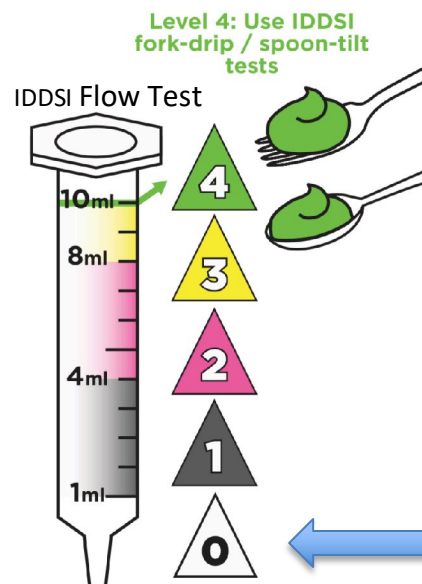
Why is this thickness level used for adults?

Level 0 – Thin liquids are most often used if you do not have a swallowing problem with liquids. Water, milk, tea, coffee, and juice are all examples of the Level 0 Thin thickness level. Thin liquids can be taken through a straw or standard cup.

How do I measure my liquid or drink to make sure it is Level 0 Thin?

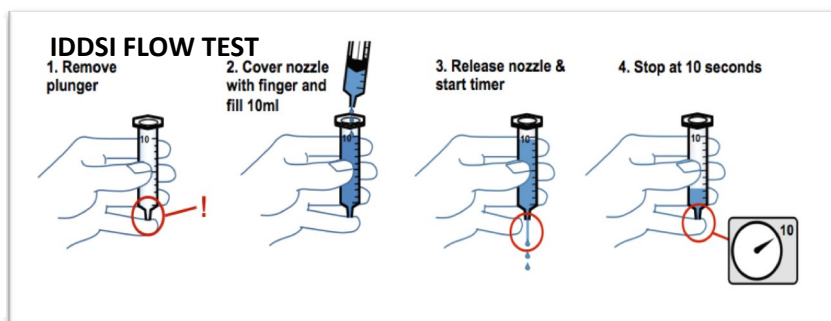
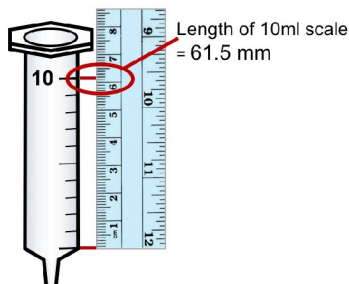
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10mL syringe in 10 seconds.

IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 0 Thin thickness liquids, there should be *less than 1 mL remaining* in the syringe after 10 seconds of flow.



See videos of the IDDSI Flow Test at www.IDDSI.org/framework/drink-testing-methods/

Before you test...
You *must check* your syringe length because there are differences in syringe lengths. Your syringe should look like this



Intended for general information only. Please consult with your health care professional for specific advice for your needs



1 SLIGHTLY THICK



Use of Level 1 Slightly Thick Liquids for Adults

What is this thickness level?

Level 1 - Slightly Thick drinks:

- ✓ Are thicker than water
- ✓ Can flow through a straw

Why is this thickness level used for adults?

Level 1 – Slightly Thick is most often used if you have swallowing problems with thin liquids. Slightly Thick liquids are thicker than water, but still thin enough to flow through a straw.

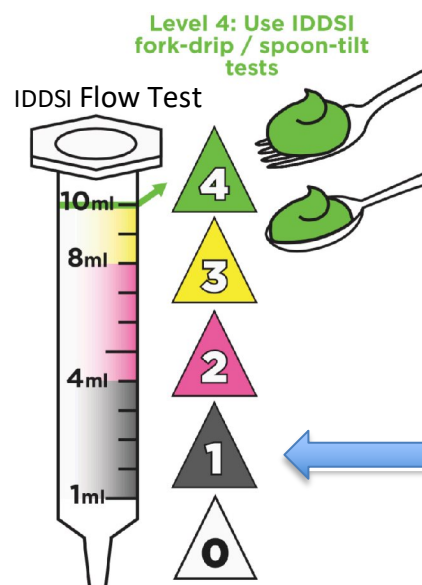
Some drinks may naturally be slightly thick (like some fruit nectars or milks). Thin liquids like water, milk, tea, coffee, juice and others may need to be thickened to the Slightly Thick level.

Your clinician will help you find a thickener to help thicken your drinks, or help you find some pre-thickened drinks. Slightly Thick drinks can be taken using a straw or from a standard cup.

How do I measure my liquid or drink to make sure it is Level 1 Slightly Thick?

It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below.

For Level 1- Slightly Thick liquids, there should be **1-4 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 1-4 mL to aim for.

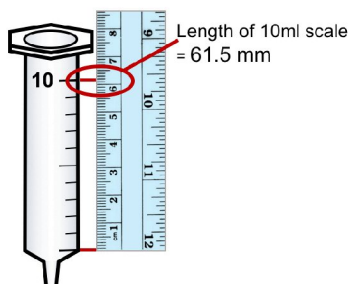


See videos of the IDDSI Flow Test at

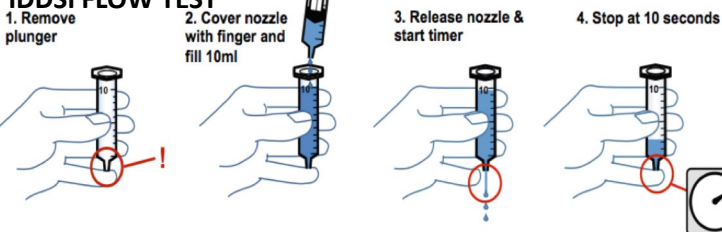
www.IDDSI.org/framework/drink-testing-methods/

Before you test...

You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



IDDSI FLOW TEST



Intended for general information only. Please consult with your health care professional for specific advice for your needs



2 MILDLY THICK



Use of Level 2 Mildly Thick Liquids for Adults

What is this thickness level?

Level 2 - Mildly Thick liquids:

- ✓ Are 'sippable'
- ✓ Pour quickly from a spoon but slower than Thin drinks and Slightly Thick drinks
- ✓ Need some effort to drink this thickness using a standard straw

Why is this thickness level used for adults?

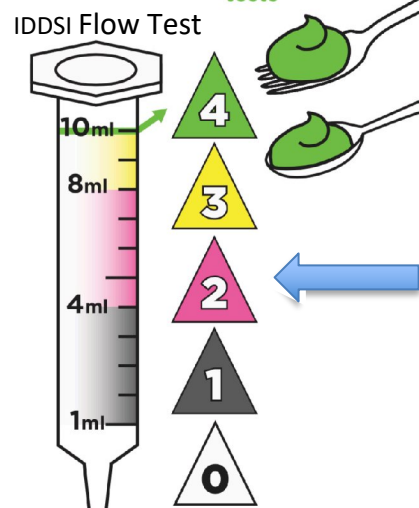
Level 2 – Mildly Thick drinks may be used if Thin drinks (water, milk, and others) and Level 1 Slightly Thick liquids flow too quickly for you to swallow them safely. Some milk shakes and thick shakes may be this thickness level already, but other drinks may need thickener added to reach the correct thickness level. Use the IDDSI testing methods below to check.

Mildly Thick drinks flow at a slower rate. Your clinician will help you find a thickener to thicken your drinks or help you find some pre-thickened drinks. Mildly Thick can be taken using a straw or from a standard cup.

How do I measure my liquid or drink to make sure it is Level 2 Mildly Thick?

It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10 mL syringe in 10 seconds. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 2- Mildly Thick liquids, there should be **4-8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 4-8 mL to aim for.

Level 4: Use IDDSI fork-drip / spoon-tilt tests

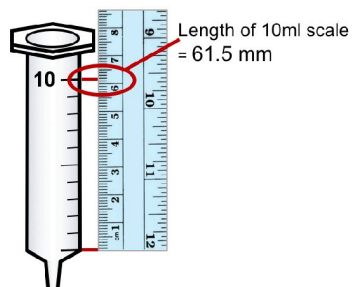


See videos of the IDDSI Flow Test at

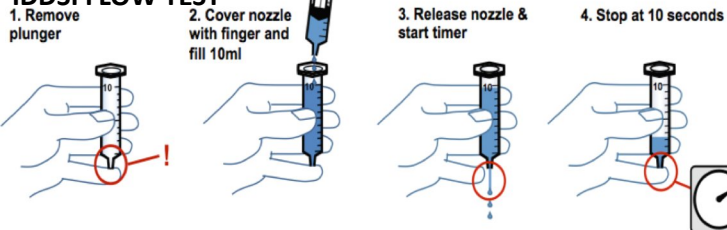
www.IDDSI.org/framework/drink-testing-methods/

Before you test...

You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



IDDSI FLOW TEST



Intended for general information only. Please consult with your health care professional for specific advice for your needs



3 LIQUIDISED



Use of Level 3 Liquidised Food for Adults

What is this thickness level?

Level 3 – Liquidised Food:

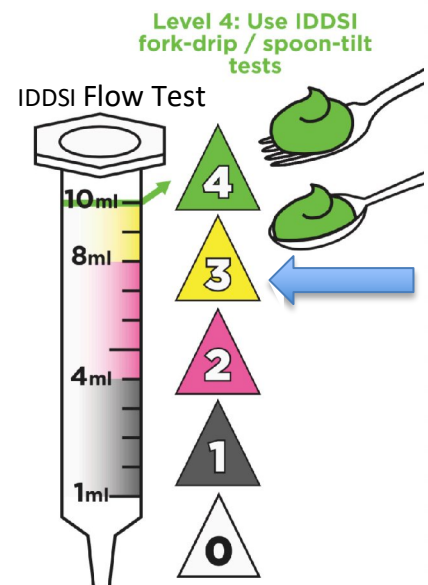
- ✓ Can be eaten with a spoon or drunk from a cup
- ✓ **Cannot** be eaten with a fork because it drips through the fork prongs
- ✓ Has a smooth texture with no ‘bits’ (lumps, fibers, husk, bits of shell or skin, particles of gristle or bone)

Why is this thickness level used for adults?

Level 3- Liquidised foods may be used if you have trouble moving your tongue. The thicker consistency gives more time for the tongue to “hold and move” the liquidised food. It is easiest to eat liquidised food with a spoon. Seek help about nutrition when using this texture to be sure you are getting the right amount of nutrition to meet your needs.

How do I measure my liquid or drink to make sure it is Level 3 Liquidised?

It is safest to measure the thickness of Liquidised food using the IDDSI Flow Test *and* the IDDSI Fork Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 3 – Liquidised foods there should be **no less than 8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 8-10 mL to aim for. Using the IDDSI Fork Test the liquid drips slowly in dollops through the prongs of a fork.

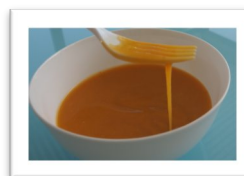
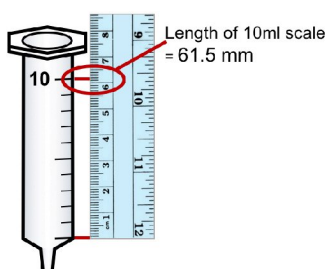


See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at

www.IDDSI.org/framework/drink-testing-methods/

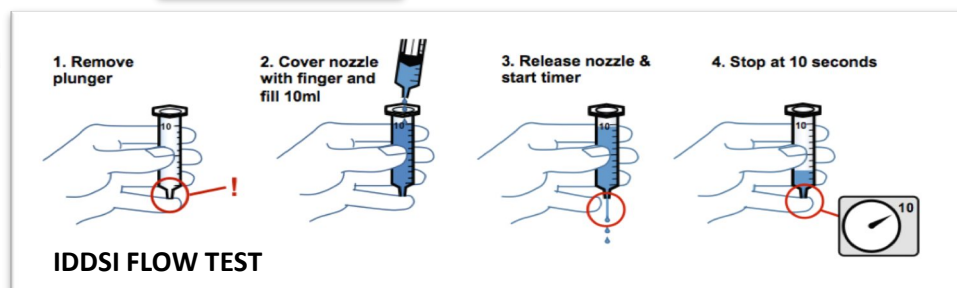
Before you test...

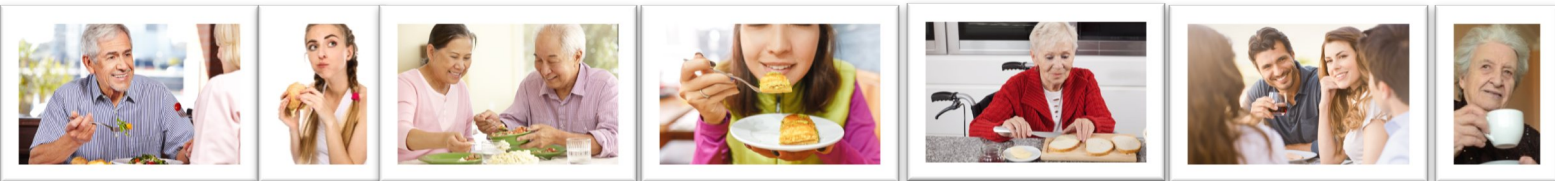
You **must check** your syringe because there are differences in syringe lengths. Your syringe should look like this



IDDSI Fork Drip Test

Drips slowly in dollops through the prongs of a fork





MODERATELY THICK



Level 3 Moderately Thick Liquids for Adults

What is this thickness level?

Level 3 - Moderately Thick drinks:

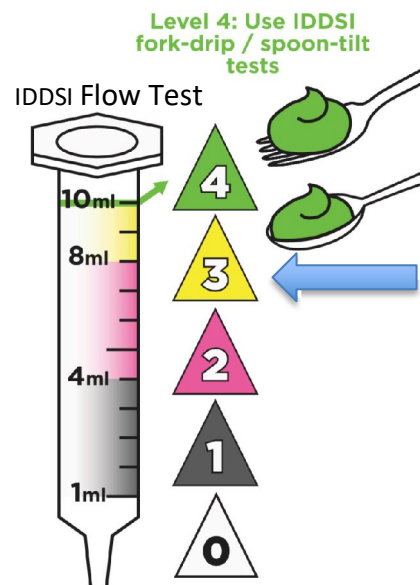
- ✓ Can be drunk from a cup or taken with a spoon
- ✓ Need some effort to drink them through a *wide* diameter straw
- ✓ Have a smooth texture with no lumps, fibers or seeds

Why is this thickness level used for adults?

Level 3 – Moderately Thick drinks may be used if your tongue control is not good enough to manage Mildly Thick, Slightly Thick or Thin drinks. Moderately Thick drinks allows more time for the tongue to “hold and move” the drink. These drinks are best taken from a cup or using a spoon.

How do I measure my liquid or drink to make sure it is Level 3 Moderately thick?

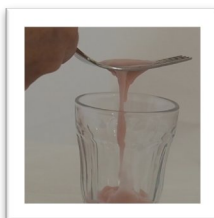
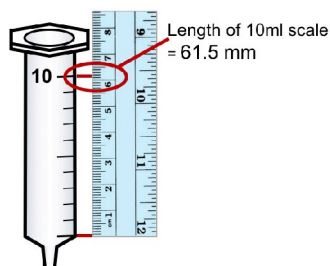
It is safest to measure Moderately Thick drinks using the IDDSI Flow Test *and* the IDDSI Fork Drip Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 3- Moderately Thick liquids there should be *no less than 8 mL remaining* in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 8-10 mL to aim for. Using the IDDSI Fork Test the liquid should drip slowly in dollops through the prongs of a fork.



See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at www.IDDSI.org/framework/drink-testing-methods/

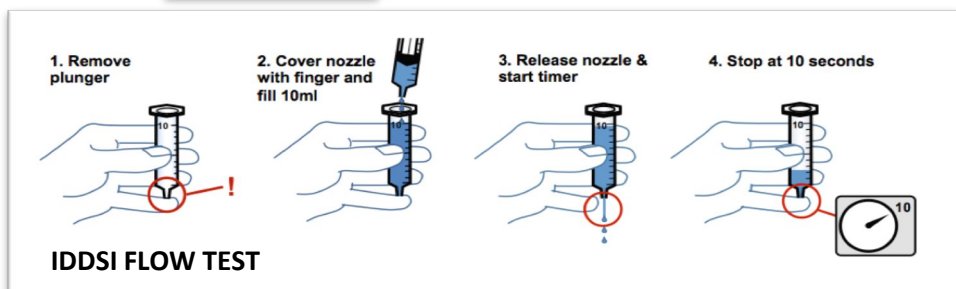
Before you test...

You *must* check your syringe because there are differences in syringe lengths. Your syringe should look like this



IDDSI Fork Drip Test

Drips slowly in dollops through the prongs of a fork





4

EXTREMELY THICK

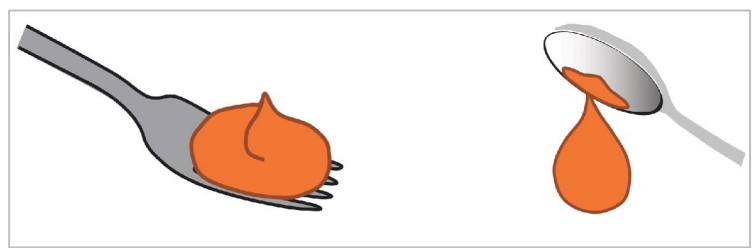


Level 4 Extremely Thick Liquids for Adults

What is this thickness level?

Level 4 – Extremely Thick drinks:

- ✓ Are usually eaten with a spoon
- ✓ Cannot be drunk from a cup or sucked through a straw
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky



Why is this thickness level used for adults?

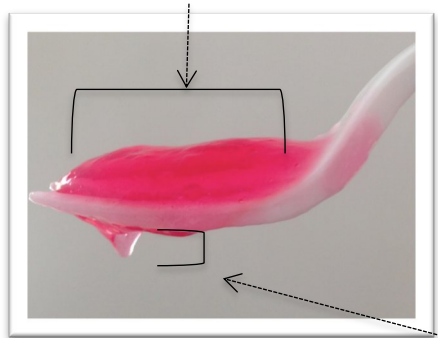
Level 4 - Extremely Thick drinks may be used if your tongue control is not good enough to manage Moderately Thick, Mildly Thick, Slightly Thick or Thin drinks. Extremely Thick drinks allows more time for the tongue to “hold and move” the liquid. It’s important that Extremely Thick drinks are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Extremely Thick drinks are best taken using a spoon.

How do I measure my liquid or drink to make sure it is Level 4 Extremely thick?

It is safest to measure Extremely Thick drinks using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



A small amount may flow through and form a tail below the fork

IDDSI Fork Drip Test
Liquid does **not** dollop, or drip continuously through the fork prongs



IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked
Sample should **not** be firm or sticky

Extremely Thick drink or liquid must pass both tests!



4 PUREED



Level 4 Pureed Food for Adults

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if you are not able to bite or chew food or if your tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

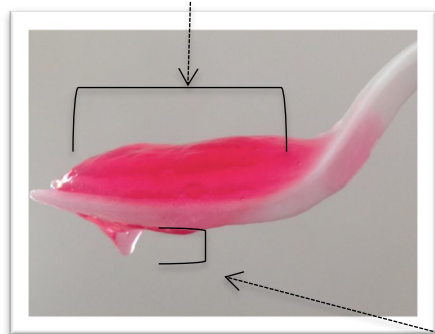
It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

IDDSI Fork Drip Test
Liquid does **not** dollop, or drip continuously through the fork prongs

Pureed food must pass both tests!

Intended for general information only
Please consult with your health care professional for specific advice for your needs



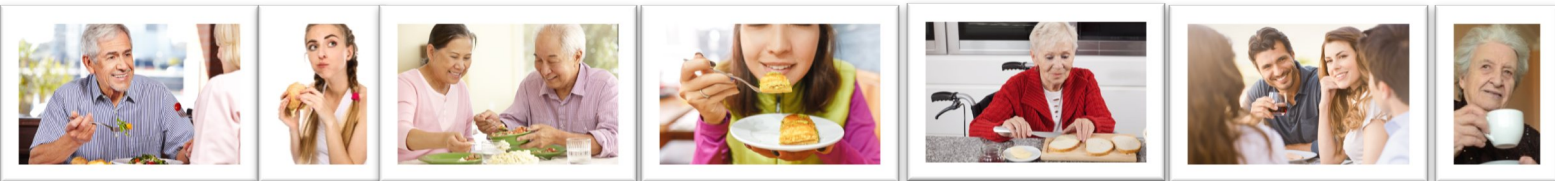
4 PUREED



For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 4 Pureed food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips, seeds	Apple seeds, pumpkin seeds, white of an orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter; overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example, cheese topping, mashed potato
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Visible lumps	Lumps in pureed food or yoghurt
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your needs



5 MINCED & MOIST



Level 5 Minced & Moist Food for Adults

What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 4mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork



Why is this food texture level used for adults?

Level 5 – Minced & Moist food may be used if you are not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and for the tongue to ‘collect’ the food into a ball and bring it to the back of the mouth for swallowing. It’s important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

How do I test my food to make sure it is Level 5 Minced & Moist?

It is safest to test Minced & Moist food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Test
For **adults** the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

ADULT 4mm
CHILD 2mm

IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Minced & Moist food must pass both tests!

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5 MINCED & MOIST



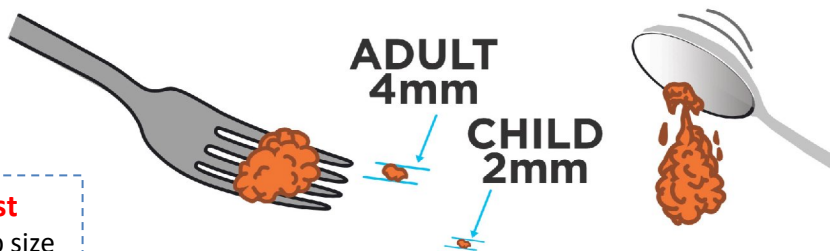
EXAMPLES of Level 5 Minced & Moist Food for Adults

- * **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fruit** served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- * **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- * **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- * **NO REGULAR DRY BREAD due to high choking risk!**
See <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich



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See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/



IDDSI Fork Test
For *adults* the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked
Sample should **not** be firm or sticky

Minced & Moist food must pass both tests!

Intended for general information only
Please consult with your health care professional for specific advice for your needs



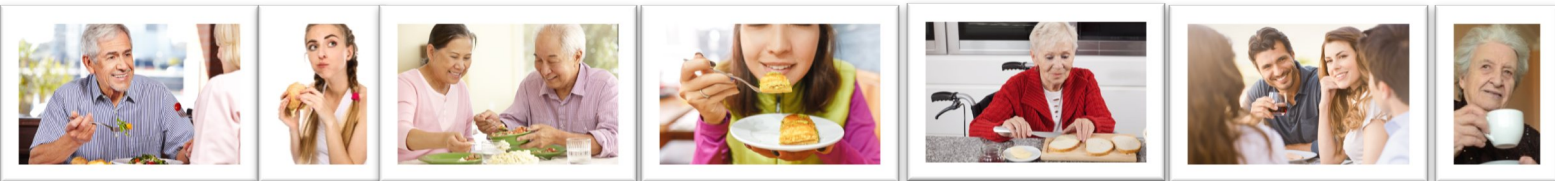
MINCED & MOIST



For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 5 Minced & Moist Food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling; crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter, overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example cheese topping, mashed potato
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Large or hard lumps of food	Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your needs



6 SOFT & BITE-SIZED



Level 6 Soft & Bite-Sized for Adults

What is this food texture level?

Level 6 – Soft & Bite-Sized Foods:

- ✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- ✓ Ability to 'bite off' a piece of food is *not* required
- ✓ Ability to chew 'bite-sized' pieces so that they are safe to swallow *is required*
- ✓ 'Bite-sized' pieces no bigger than 1.5cm x 1.5cm in size
- ✓ Food can be mashed/broken down with pressure from fork
- ✓ A knife is *not* required to cut this food



Why is this food texture level used for adults?

Level 6 – Soft & Bite-Sized food may be used if you are not able to bite off pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow. Soft & Bite-Sized foods need a moderate amount of chewing, for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing. The pieces are 'bite-sized' to reduce choking risk. If you notice the food pieces are not being chewed well though, please contact your clinician to make sure you are on the correct food texture to reduce choking risk. Soft & Bite-Sized foods are eaten using a fork, spoon or chopsticks.

How do I test my food to make sure it is Level 6 Soft & Bite-Sized?

It is safest to test Soft & Bite-Sized food using the IDDSI Fork Pressure test.

See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

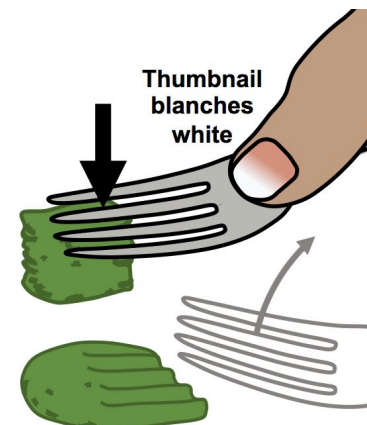
For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about the **width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than 1.5cm x 1.5cm bite size for adults



Soft & Bite-Sized food must pass both size and softness tests!





6 SOFT & BITE-SIZED



EXAMPLES of Level 6 Soft & Bite-Sized Food for Adults

- * **Meat** cooked tender and chopped so pieces are no bigger than 1.5cmx1.5cm lump size. If cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break and serve in pieces no bigger than 1.5cmx1.5cm
- * **Fruit** soft and chopped to pieces no bigger than 1.5cmx1.5cm pieces (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be extra careful if you are eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for instance, fruits like watermelon or other melons)
- * **Vegetables** steamed or boiled with final cooked size no bigger than 1.5cmx1.5cm. (Stir fried vegetables are *too firm* and are *not* suitable)
- * **Cereal** served with pieces no bigger than 1.5cmx1.5cm, with their texture fully softened. Drain excess liquid before serving
- * **NO REGULAR DRY BREAD due to high choking risk!** See <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich, as this is also suitable for use on Soft & Bite-Sized diet
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together



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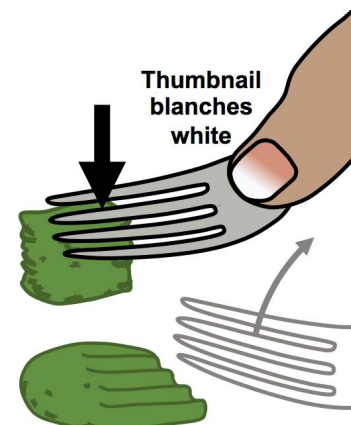
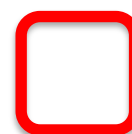
See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about **the width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than 1.5cm x 1.5cm bite size for adults



Soft & Bite-Sized food must pass both size and softness tests!



6

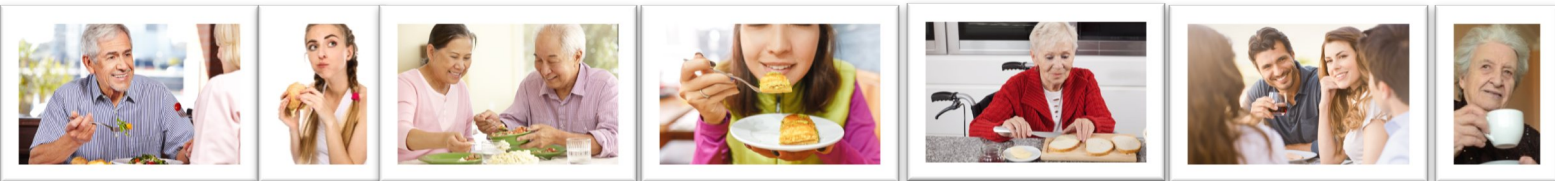
SOFT & BITE-SIZED



For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 6 Soft & Bite-Sized Food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli); dry cakes, bread, dry cereal
Tough or fibrous foods	Steak; pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits (add sauce to make these suitable)
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter, overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example, cheese topping; mashed potato
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Large or hard lumps of food	Casserole pieces larger than 1.5cmx1.5cm, fruit, vegetable, meat, pasta or other food pieces larger than 1.5cmx1.5cm
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your needs



7 REGULAR EASY TO CHEW



Level 7 Regular *Easy to Chew* for Adults

What is this food texture level?

Level 7 – Regular *Easy to Chew* Foods:

- ✓ Normal, everyday foods* of soft/tender texture
- ✓ Any method may be used to eat these foods (e.g. fingers, fork, spoon, chopsticks etc.)
- ✓ Food piece size is not restricted in Level 7, therefore foods may be a range of sizes. Food pieces can be smaller or bigger than 1.5cm x 1.5cm
- ✓ **Do not use foods that are:** hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle
- ✓ You should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- ✓ You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- ✓ Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed
- ✓ You should be able to remove bone, gristle or other hard pieces that cannot be swallowed safely from your mouth without help or direction from others

*May include 'mixed thin and thick texture' food and liquids together – ask your clinician for direction on this.

Why is this food texture level used for adults?

Level 7 – Regular Easy to Chew food may be used if you have strong enough chewing ability to break down soft/tender foods into pieces without help, you have no increased risk of choking and do not have swallowing problems. This texture may be right for you if you usually choose to eat soft food, have weaker chewing muscles for hard/firm textures, but can chew soft and tender food without tiring easily. It may also be a good choice if you have been sick and are recovering strength. Your clinician might recommend this texture if they are teaching you advanced chewing skills.

Who should not have this texture level?

This level is not intended for people where there is an identified increased risk of choking. **People who are unsafe to eat without supervision are not considered suitable for this texture level.** People can be unsafe to eat without supervision because of chewing and swallowing problems and/or unsafe mealtime behaviours. Examples of unsafe mealtime behaviours include: not chewing very much, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food. Always consult with your health professional for specific advice for your needs, requests and requirements for supervision. *Where mealtime supervision is needed, this level should only be used under the strict recommendation and written guidance of a qualified health professional.

Intended for general information only. Please consult with your health care professional for specific advice for your needs

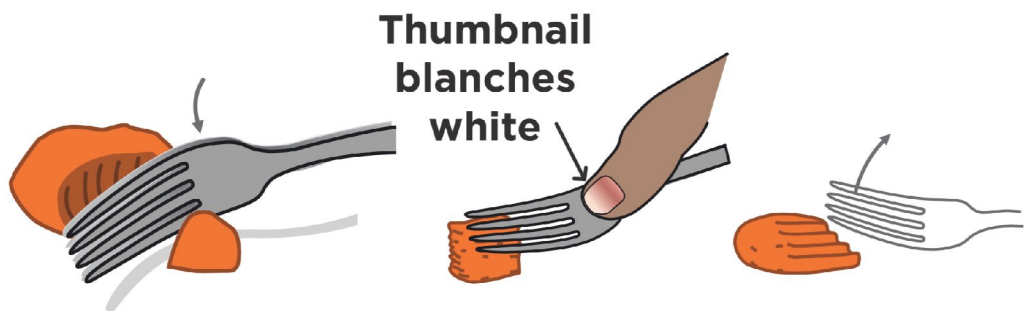


Serve food as normal. If you notice the food pieces are not being chewed well enough, please contact your clinician to make sure you are on the correct food texture. See local guidelines for what to do in case of choking.

How do I test my food to make sure it is Level 7 Regular *Easy to Chew*?

Foods should be able to be cut or broken apart with the side of a fork or spoon. It is then safest to test Regular *Easy to Chew* food using the IDDSI Fork Pressure test.

See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/



Must be able to break food apart easily with the side of a fork or spoon

Easy to Chew foods must break apart easily and pass Fork Pressure Test!

IDDSI Fork Pressure Test
To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

Intended for general information only. Please consult with your health care professional for specific advice for your needs



REGULAR EASY TO CHEW

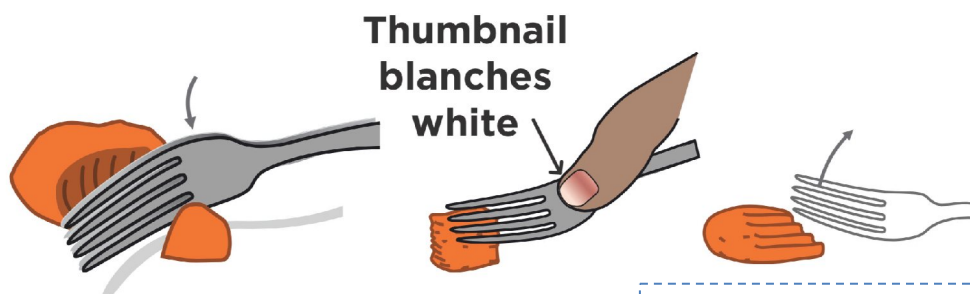


EXAMPLES of Level 7 Regular *Easy to Chew* food for Adults

- * **Meat** cooked until tender. If you cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break apart easily with the side of a fork or spoon
- * **Fruit** are soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be careful when eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for example, fruits like watermelon or other melons)
- * **Vegetables** are steamed or boiled until tender. Stir fried vegetables may be too firm for this level
- * **Cereal** is served with texture softened. Drain excess liquid before serving
- * **Check with your clinician for direction about bread and sandwiches (and appropriate sandwich fillings)**
- * **Rice** does not have any special cooking requirements at this level



See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/



Must be able to break food apart easily with the side of a fork or spoon

Easy to Chew foods must break apart easily and pass Fork Pressure Test!

IDDSI Fork Pressure Test

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape



REGULAR EASY TO CHEW



Avoid these food textures for adults who choose Level 7 Regular *Easy to Chew*

Food characteristic to AVOID	Examples of foods to AVOID
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips/crisps
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Sticky or gummy food	Edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your needs



7 REGULAR



Level 7 Regular for Adults

What is this food texture level?

Level 7 – Regular Foods:

- ✓ Normal, everyday foods of various textures that are developmentally and age appropriate
- ✓ Ability to ‘bite off’ pieces of food is required
- ✓ Chewing ability is required for hard **and** soft food
- ✓ Ability to chew all types of food textures without tiring easily
- ✓ May include ‘mixed consistency’ foods (for example, cereal with milk or soup with vegetables pieces)
- ✓ Includes sandwiches



Why is this food texture level used for adults?

Level 7 – Regular food may be used if you **do not** have problems with chewing or swallowing that would increase your risk for choking. Serve food as normal without restriction on the size of the pieces or the texture of the food.

How do I test my food to make sure it is Level 7 Regular?

There are no specific tests for Level 7 Regular



Intended for general information only. Please consult with your health care professional for specific advice for your needs



TRANSITIONAL FOODS

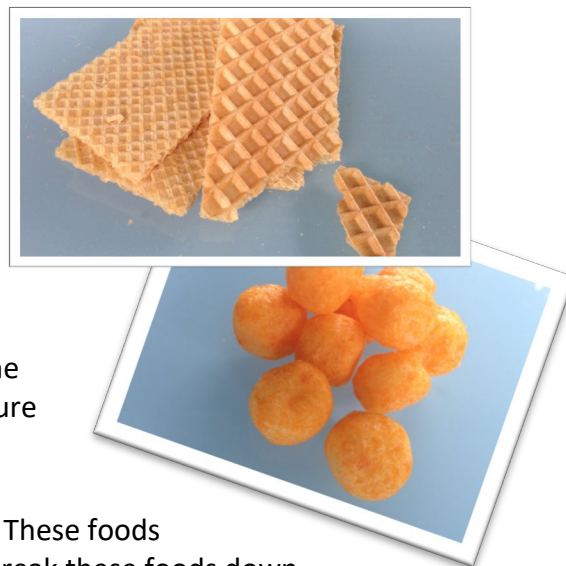


Transitional Foods for Adults

What is this food texture level?

Transitional Foods:

- ✓ Foods that start as one texture but change into another texture when moisture like water or saliva is added or when a change in temperature occurs (for instance, when the food is heated)
- ✓ Biting is not required
- ✓ Minimal chewing is required
- ✓ Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature
- ✓ May be used to teach chewing skills



Why is this food texture level used for adults?

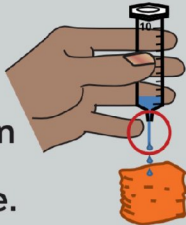
Transitional food may be used to help re-teach chewing skills. These foods require very little chewing. Tongue strength alone is able to break these foods down when they are softened. Transitional foods often do not have much nutrition so they cannot be relied on for a full diet. Your clinician might suggest they be used together with Level 5 Minced & Moist, Level 6 Soft & Bite-Sized or Level 7 Regular Foods.

How do I test my food to make sure it is Transitional food?

To test transitional food, use a piece of food 1.5x1.5cm. Add 1 mL of water to the food and wait for one minute for the food to soften, then test using the IDDSI Fork Pressure Test. Serve food pieces in the size recommended by your clinician.

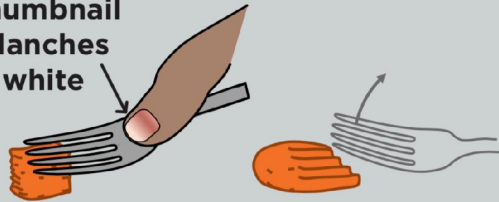
See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/

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



2. Then complete the IDDSI Fork Pressure Test.

Thumbnail blanches white



IDDSI Fork Pressure Test for Transitional Food

Take a piece 1.5cmx1.5cm, which is about the width of a standard dinner fork. Add 1 mL of water to the sample and wait 1 minute. *To make sure the food is soft enough*, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed, broken apart, and does not regain its shape

Some examples of Transitional foods include: Wafers, shortbread, Veggie Stix™, potato crisps, Cheeto Puffs™, Rice Puffs™, ice chips, ice cream

Intended for general information only
Please consult with your health care professional for specific advice for your needs



5 MINCED & MOIST

6 SOFT & BITE-SIZED



When can you change from Baby and Child food piece sizes to Adult food piece sizes?

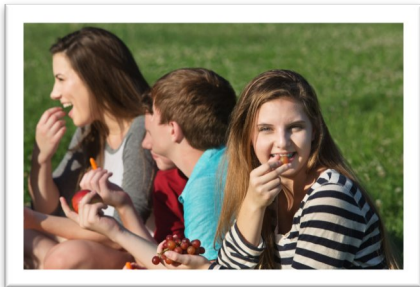


IDDSI recommends using food pieces that are smaller for babies and children and larger food pieces for teenagers and adults. This is because babies and children’s airways are smaller than adult airways. The smaller size of food pieces is to help reduce the risk of a piece of food fully blocking the airway and causing choking.

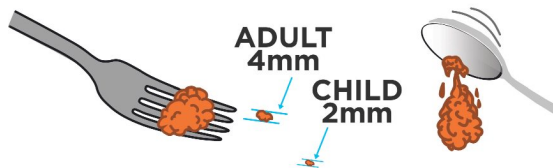


Changes to the size of food pieces is based on the size of your child, as well as their ability to chew food. During puberty children can grow to

close to adult size. Puberty can be used as a guide to change the size of food pieces, but you must check with your clinician to ensure your child has the chewing ability to manage bigger size food pieces. You can also check with your doctor for their advice on when your child is big enough to change to IDDSI adult food piece sizes. Remember to always supervise children of any age when they are eating.



5 MINCED & MOIST



No bigger than 8mm x 8mm lump size for children

No bigger than 1.5cm x 1.5cm bite size for adults



6 SOFT & BITE-SIZED



Intended for general information only. Please consult with your health care professional for specific advice for your baby or child