

# GREEN LABEL CHANGE!

BE AWARE OF THE NEW INTERNATIONAL COLOUR CLASSIFICATIONS FOR THE DYSPHAGIA DIET.



Level 900  
Extremely Thick

Level 400  
Moderately Thick

Level 150  
Mildly Thick

Unmodified  
regular

Unmodified  
regular



**4** **EXTREMELY THICK**  
(IDDSI Fork-drip Test and Spoon Tilt Test)

**3** **MODERATELY THICK**  
(8-10mL remaining after 10 sec flow)

**2** **MILDLY THICK**  
(4-8mL remaining after 10 sec flow)

**1** **SLIGHTLY THICK**  
(1-4mL remaining after 10 sec flow)

**0** **THIN**  
(less than 1 mL remaining after 10 sec flow)

## IDDSI PYRAMIDS



## 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	TN0