

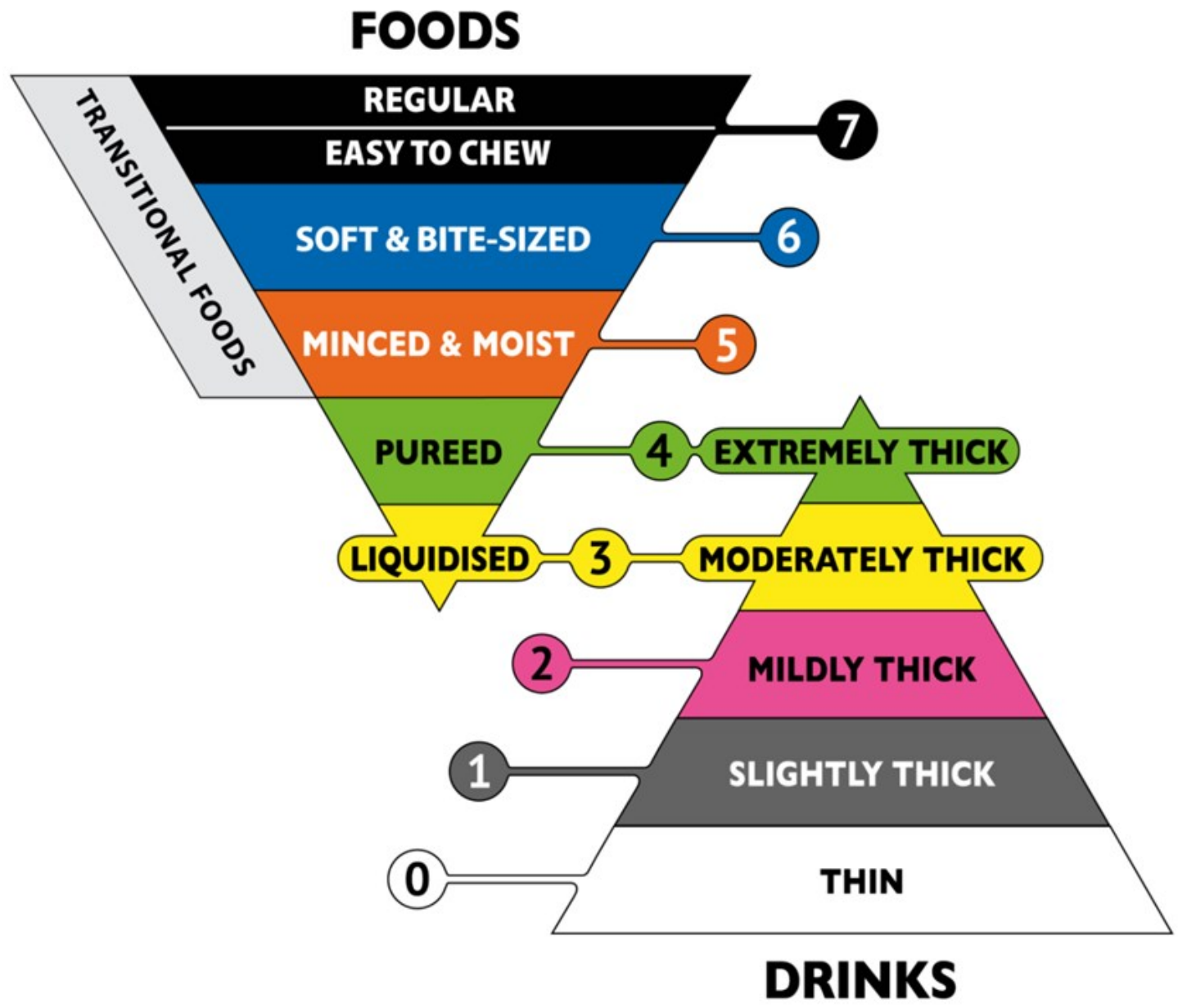
Checklists for Food & Fluid Textures

IDDSI Levels 1-6* & Level 7 Regular *Easy to Chew*

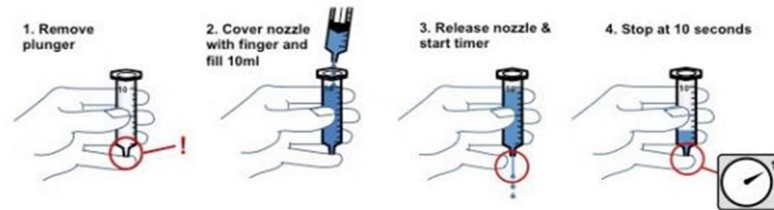


FOR EDUCATIONAL PURPOSES ONLY.
FOR MORE INFORMATION ABOUT IDDSI
PLEASE VISIT WWW.IDDSI.ORG

Please also see **Summary of Food Texture Restrictions*



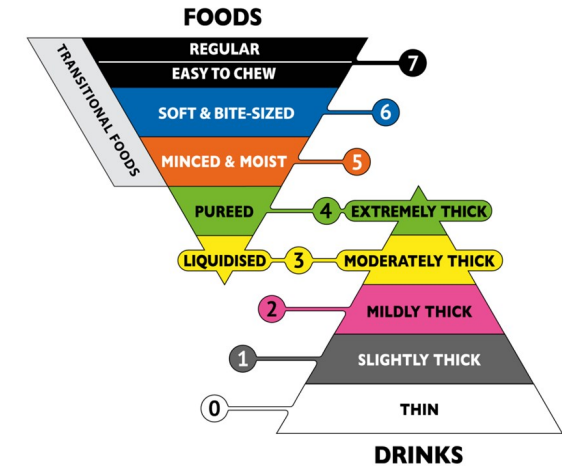
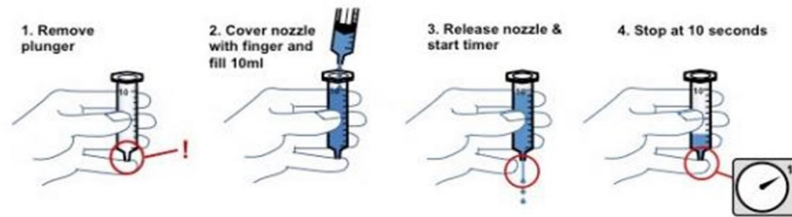
1 SLIGHTLY THICK



Drinks at this level must pass the IDDSI Flow test below:

Tests	Yes	No
Visual check		
• Thicker than water	<input type="checkbox"/>	<input type="checkbox"/>
• Flows through a straw, syringe, teat/nipple	<input type="checkbox"/>	<input type="checkbox"/>
IDDSI Flow Test		
• 1-4ml remain after 10 seconds flow	<input type="checkbox"/>	<input type="checkbox"/>
Does the drink pass the tests for Level 1 - Slightly thick?	<input type="checkbox"/>	<input type="checkbox"/>

2 MILDLY THICK



Drinks at this level must pass the IDDSI Flow test below:

Tests	Yes	No
Visual check		
• Pours quickly from a spoon, but slower than thin drinks	<input type="checkbox"/>	<input type="checkbox"/>
• Can be drunk through a standard size straw	<input type="checkbox"/>	<input type="checkbox"/>
IDDSI Flow Test		
• 4-8ml remain after 10 seconds flow	<input type="checkbox"/>	<input type="checkbox"/>
<i>Does the drink pass the tests for Level 2 - Mildly thick?</i>	<input type="checkbox"/>	<input type="checkbox"/>

3 LIQUIDISED 3 MODERATELY THICK

* Please see *Summary of Food Texture Restrictions*



Food at this level must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• Smooth liquid with no 'bits' or lumps	<input type="checkbox"/>	<input type="checkbox"/>
Spoon Test		
• Easily pours from a spoon when tilted; does not stick to the spoon	<input type="checkbox"/>	<input type="checkbox"/>
Fork Tests		
• Food drips slowly in dollops through the prongs of a fork	<input type="checkbox"/>	<input type="checkbox"/>
• Prongs of fork do not leave a clear pattern, even briefly on the surface	<input type="checkbox"/>	<input type="checkbox"/>
IDDSI Flow Test		
• 8-10ml remain after 10 seconds flow	<input type="checkbox"/>	<input type="checkbox"/>
<i>Does the food pass all the tests for Level 3 Liquidised?</i>	<input type="checkbox"/>	<input type="checkbox"/>

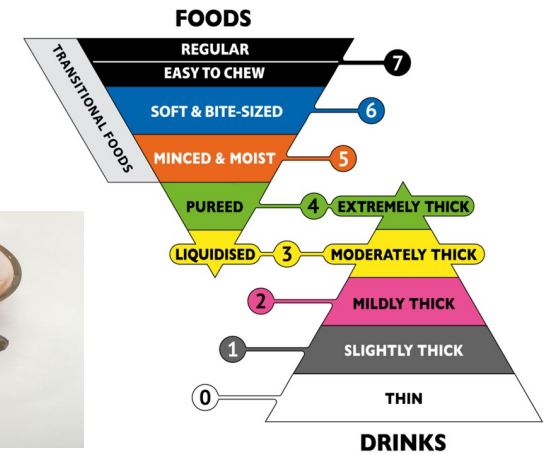
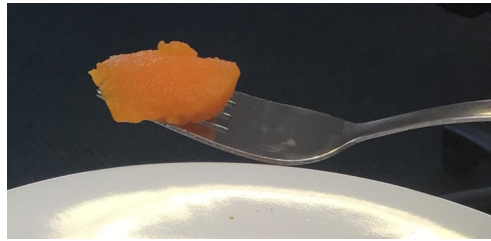


PUREED



EXTREMELY THICK

* Please see *Summary of Food Texture Restrictions*



Food at this level must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• No lumps		
Fork Tests		
• Food sits in a mound above the fork (a small amount may form a tail below the fork)	<input type="checkbox"/>	<input type="checkbox"/>
• Does not drip or flow continuously through the prongs of a fork	<input type="checkbox"/>	<input type="checkbox"/>
• Fork can make a clear pattern on the surface		
Spoon Tests		
• Holds shape on a teaspoon	<input type="checkbox"/>	<input type="checkbox"/>
• Tilt spoon to the side—food should slide off easily with very little left on the spoon	<input type="checkbox"/>	<input type="checkbox"/>
<i>Does the food pass all the tests for Level 4 Pureed?</i>		

5

MINCED & MOIST

* Please see *Summary of Food Texture Restrictions*



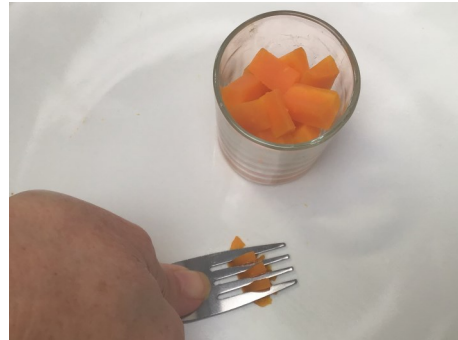
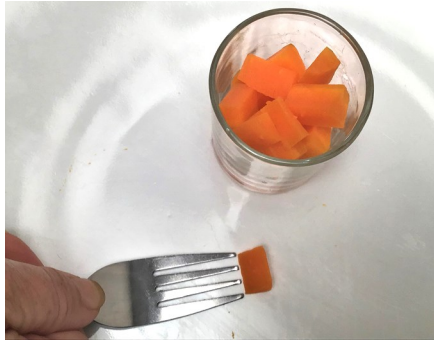
Food at this level must be soft, tender and moist, and must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• Lumps are no larger than 4mm (for adults)	<input type="checkbox"/>	<input type="checkbox"/>
• No separate thin liquid	<input type="checkbox"/>	<input type="checkbox"/>
Fork Pressure Test (must be a metal fork)		
• Can be easily mashed with a fork. The pressure should not make the thumbnail turn to white.	<input type="checkbox"/>	<input type="checkbox"/>
• Easily separates and comes through the prongs of a fork.	<input type="checkbox"/>	<input type="checkbox"/>
Spoon Tilt Test		
• Holds shape on a teaspoon	<input type="checkbox"/>	<input type="checkbox"/>
• Tilt spoon to the side—food should slide off easily with very little left on the spoon	<input type="checkbox"/>	<input type="checkbox"/>
Does the food pass all the tests for Level 5 Minced & Moist?	<input type="checkbox"/>	<input type="checkbox"/>

6

SOFT & BITE-SIZED

* Please see *Summary of Food Texture Restrictions*



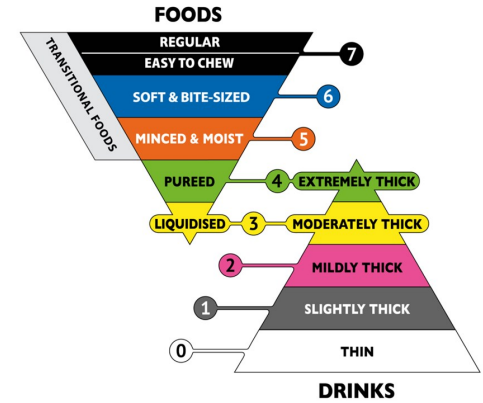
Food at this level must be soft, tender and moist, and must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• The pieces are no larger than 15mm x 15mm (for adults)	<input type="checkbox"/>	<input type="checkbox"/>
• No separate thin liquid	<input type="checkbox"/>	<input type="checkbox"/>
Fork/Spoon Pressure Test (must be a metal fork or spoon)		
• Push down on a 15mm x 15mm sample with a fork or teaspoon. Use enough pressure for the thumbnail to turn white. The food can be squashed and does not return to the original shape.	<input type="checkbox"/>	<input type="checkbox"/>
• Food can be separated into smaller pieces using the side of a fork or spoon.	<input type="checkbox"/>	<input type="checkbox"/>
Does the food pass all the tests for Level 6 Soft & Bite –sized?	<input type="checkbox"/>	<input type="checkbox"/>

7

REGULAR EASY TO CHEW

Food at this level may include bread, and mixed thin/thick textures.
Please see individual Safe Swallow Plan for details.




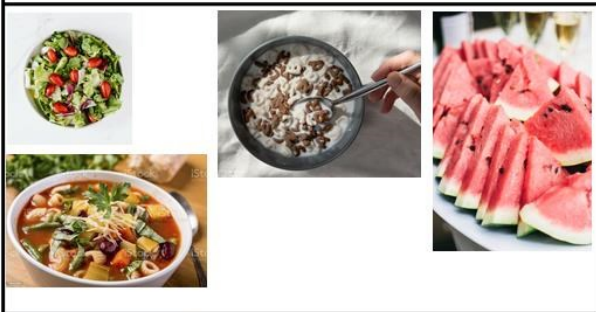


Food at this level must be soft and tender, and pass the tests below:

Tests	Yes	No
Fork/Spoon Pressure Test (must be a metal fork or spoon)		
<ul style="list-style-type: none"> Push down on a sample with a fork or teaspoon. Use enough pressure for the thumbnail to turn white. The food can be squashed and does not return to the original shape. 	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Food can be separated into smaller pieces using the side of a fork or spoon. 	<input type="checkbox"/>	<input type="checkbox"/>
<i>Does the food pass all the tests for Level 7 Regular—Easy to Chew?</i>	<input type="checkbox"/>	<input type="checkbox"/>

High Risk Choking Foods To Be Avoided

Summary of Food Texture Restrictions for IDDSI Food Levels –

But don't forget, it is possible to modify some of the foods below or make small changes to them which will render them safe but always run the IDDSI tests

Restricted Food	Restricted Food List	Examples	Why is it unsafe?
	<ul style="list-style-type: none"> -Hard Foods -Sticky Foods -Dry Foods -Crumbly foods -Crunchy foods -Crispy foods 	<p>Sweets/Nuts/Dried fruit/Marshmallow Dry cake/bread Flaky pastry/pie crust Biscuits/crackers Crisps</p> <p style="color: green;">You can use a soaking method for cake/biscuits & puree with custard, soak dried fruit & puree but always TEST</p>	<p>Difficult to manage hard textures in the mouth – especially with teeth, jaw or tongue issues. Crumbly foods may leave residue, sticky foods may fatigue, be swallowed too soon or stick!</p>
	<ul style="list-style-type: none"> -Mixed thick/thin texture -Juicy foods where juice separates -Floppy foods 	<p>Minestrone Cereal with milk Tinned fruit with juice Watermelon Salad</p> <p style="color: green;">Tinned fruit without juice, or minestrone could be pureed but always TEST</p>	<p>Cereal with milk or soup with meat/veg pieces can be hard to manage as the liquid separates off in the mouth and could cause problems. Salad or spinach may not be broken down enough before swallowing</p>
	<ul style="list-style-type: none"> -Tough food -Skin, bone, gristle 	<p>Steak Bacon Dry meat Fatty meat Sausage with skin</p> <p style="color: green;">Remove skin from a lean or vegetarian sausage – puree but always TEST</p>	<p>These would require a lot of chewing and potentially not break down to swallow safely, skins could get stuck at the back of the throat</p>
	<ul style="list-style-type: none"> -Stringy foods -Pips, seeds -Skins, shells 	<p>Green/runner beans Peas Apples with skin Grapes</p> <p style="color: green;">Beans and peas can be pureed , apples peeled and grated or poached but always TEST</p>	<p>Beans may be stringy, peas have a shell and apples have skin which can separate and be hard to manage. Pips and seeds could cause choking</p>