FOODS

LEVEL 7 - REGULAR (RG7)
No specific testing information.

LEVEL 7 - EASY TO CHEW (EC7)
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 6 - SOFT & BITE-SIZED (SB6)
Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.

LEVEL 5 - MINCED & MOIST (MM5)
4mm lump size for adults and 2mm 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.

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.

LEVEL 3 - LIQUIDISED (LQ3)
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

TESTING INFO

FLOW TEST INSTRUCTIONS

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.

LEVEL 3 - MODERATELY THICK (M3)
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK (MT2)
4-8mL remaining in the syringe after 10 sec of flow.

LEVEL 1 - SLIGHTLY THICK (ST1)
1-4mL remaining in the syringe after 10 sec of flow.

LEVEL 0 - THIN (TN0)
Less than 1mL remaining in the syringe after 10 sec of flow.

TRANSPORTATION FOODS TEST INSTRUCTIONS

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test. Thumb blanches white.
4. Stop at 10 seconds.

FOOD TEST INSTRUCTIONS

EASY TO CHEW

SOFT & BITE-SIZED

MINCED & MOIST

PUREED

EXTRANATIONAL 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.

DRINKS / LIQUIDS

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