Mapping to IDDSI - Liquids

Australian Standards

Level 900
Extremely Thick

Level 400
Moderately Thick

Level 150
Mildly Thick

Unmodified
regular

IDDSI
International Dysphagia Diet Standardisation Initiative

4 Extremely Thick
(IDDSI Fork-drip Test and Spoon Tilt test)

3 Moderately Thick
(8-10 mL remaining after 10 sec flow)

2 Mildly Thick
(4-8 mL remaining after 10 sec flow)

1 Slightly thick
(1-4 mL remaining after 10 sec flow)

0 Thin
(nothing remaining after 10 sec flow)

Different colours

Why?
International framework and Red-Green colour blindness

New thickness level

New numbers

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Australian IDDSI Steering Committee: Dietitians Association of Australia, Speech Pathology Australia, Institute of Hospitality in Healthcare, International Dysphagia Diet Standardisation Initiative, Nestlé Health Science, Precise Thick N, Flavour Creations