FOODS, DRINKS/LIQUIDS TESTING

ADULT & PEDIATRIC

IDDSI ABBREVIATIONS

IDDSI PYRAMIDS

FOOD TEST INSTRUCTIONS

1. Pureed
2. Extremely Thick
3. Minced & Moist
4. Soft & Bite-Sized
5. Regular
6. Easy to Chew
7. Transitional Food Test

TRANSITIONAL FOOD TEST INSTRUCTIONS

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & start timer
4. Stop at 10 seconds

Length of 10ml scale = 81.5 mm

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