**FOOD CLASSIFICATION AND TESTING**

**ADULT & PEDIATRIC**

**FOODS**

**LEVEL 7 - REGULAR**
- No specific testing information.

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

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

**LEVEL 5 - MINCED & MOIST**
- Very soft, small moist lumps, minimal chewing ability needed.

**LEVEL 4 - PUREED**
- Smooth with no lumps, not sticky, no chewing ability needed.
- Can be eaten with a spoon.

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

**TRANSITIONAL 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.

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