<table>
<thead>
<tr>
<th>IDDSI Abbreviations</th>
<th>Triangle</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Thin TN0</td>
<td>0 Thin</td>
</tr>
<tr>
<td>1 Slightly Thick</td>
<td>1 Slightly Thick</td>
</tr>
<tr>
<td>2 Mildly Thick</td>
<td>2 Mildly Thick</td>
</tr>
<tr>
<td>3 Moderately Thick</td>
<td>3 Moderately Thick</td>
</tr>
<tr>
<td>4 Extremely Thick</td>
<td>4 Extremely Thick</td>
</tr>
<tr>
<td>5 Minced &amp; Moist</td>
<td>5 Minced &amp; Moist</td>
</tr>
<tr>
<td>6 Soft &amp; Bite-Sized</td>
<td>6 Soft &amp; Bite-Sized</td>
</tr>
<tr>
<td>7 Easy To Chew</td>
<td>7 Easy To Chew</td>
</tr>
<tr>
<td>7 Regular RG7</td>
<td>7 Regular</td>
</tr>
</tbody>
</table>

IDDSI TESTING REFERENCE CARD

For more information:
Web: www.iddsi.org

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**Food Test**

1. **PUREED** (4)
2. **MINCED & MOIST** (5)
3. **SOFT & BITE SIZED** (6)
4. **EASY TO CHEW** (7)

**Flow Test**

*IDDSI level depends on liquid remaining after 10 seconds flow.*

- **Level 4:** Use IDDSI fork-drip + spoon-tilt tests
- **Level 3:** Use IDDSI flow + fork-drip tests

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

**IDDSI Guidelines**

- **Particle size**
  - Adult - 4mm
  - Child - 2mm
- **Bite size**
  - Adult - 15mm
  - Child - 8mm

**IDDSI Reference Card**

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