FOODS

LEVEL 7 - REGULAR RG7
No specific testing information.
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 7 - EASY TO CHEW EC7
Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

LEVEL 6 - SOFT & BITE-SIZED SB6
Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8 mm x 8 mm for babies & children. Push down on piece with fork – sample should squash completely and not regain its shape. 4mm lump size for adults and 2 mm lump size for babies and children. Holds it shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

LEVEL 5 - MINCED & MOIST MMS
4mm lump size for adults and 2mm lump size for babies and children. Holds it shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky. Very soft, small moist lumps, minimal chewing ability needed.

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. Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.

LEVEL 3 - LIQUIDISED LQ3
No less than 8 mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork. Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

TRANSITIONAL FOODS TEST INSTRUCTIONS
1. Add 1mL of water to 1.5 cm x 1.5 cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.
3. Release nozzle and start timer
4. Stop at 10 seconds

FLOW TEST INSTRUCTIONS
Length of 10 mL scale = 61.5 mm

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. 'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

LEVEL 3 - MODERATELY THICK MO3
No less than 8 mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

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

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

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

DRINKS / LIQUIDS

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