FOODS

LEVEL 7 - REGULAR RG7
No specific testing information.

LEVEL 7 - EASY TO CHEW EC7
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 6 - SOFT & BITE-SIZED SB6
Pieces no bigger than 8mm x 8mm for babies & children and 1.5 x 1.5cm in size for adults. Push down on piece with fork - sample should squash completely and not regain its shape.

LEVEL 5 - MINCED & MOIST MS5
2mm lump size for babies and children and 4mm lump size for adults. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

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.

LEVEL 3 - LIQUIDISED LQ3
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2
Thicker than water. Can flow through a standard straw/teat/nipple. 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.

LEVEL 1 - SLIGHTLY THICK ST1
4-8mL remaining in the syringe after 10 sec of flow. 'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

LEVEL 0 - THIN TN0
Less than 1mL remaining in the syringe after 10 sec of flow. Flows like water. Flows easily through any straw/teat/nipple.

TRANSITIONAL FOODS

LEVEL 7 - REGULAR RG7
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
Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

LEVEL 5 - MINCED & MOIST MS5
Very soft, small moist lumps, minimal chewing ability needed.

LEVEL 4 - PUREED PU4
Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.

LEVEL 3 - LIQUIDISED LQ3
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.

Flow test instructions:
1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test. Thumb blanches white.
3. Stop at 10 seconds.
4. Remove plunger.
5. Cover nozzle with finger and fill 10mL.

Flow test information:
LEVEL 7 - REGULAR RG7
No specific testing information.

LEVEL 7 - EASY TO CHEW EC7
Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

LEVEL 6 - SOFT & BITE-SIZED SB6
Pieces no bigger than 8mm x 8mm for babies & children and 1.5 x 1.5cm in size for adults. Push down on piece with fork - sample should squash completely and not regain its shape.

LEVEL 5 - MINCED & MOIST MS5
2mm lump size for babies and children and 4mm lump size for adults. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

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.

LEVEL 3 - LIQUIDISED LQ3
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

LEVEL 2 - MILDLY THICK MT2
Thicker than water. Can flow through a standard straw/teat/nipple.

LEVEL 1 - SLIGHTLY THICK ST1
4-8mL remaining in the syringe after 10 sec of flow.

LEVEL 0 - THIN TN0
Less than 1mL remaining in the syringe after 10 sec of flow. Flows like water. Flows easily through any straw/teat/nipple.

DRINKS / LIQUIDS

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