



# IDDSI

International Dysphagia Diet Standardisation Initiative

*Standardising dysphagia diet terminology to improve safety.*



# IDDSI Textures

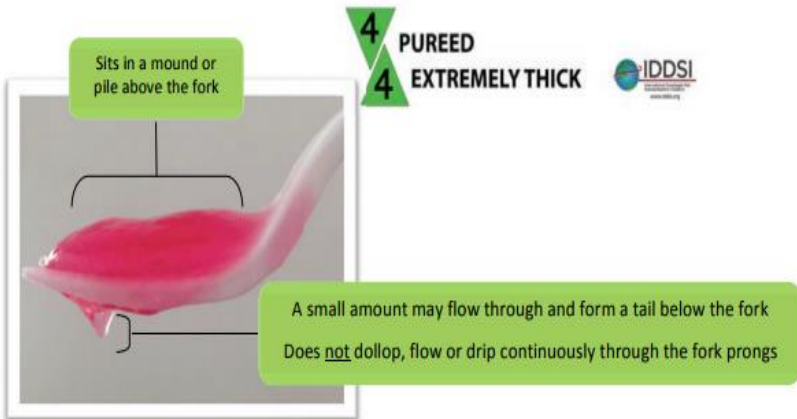
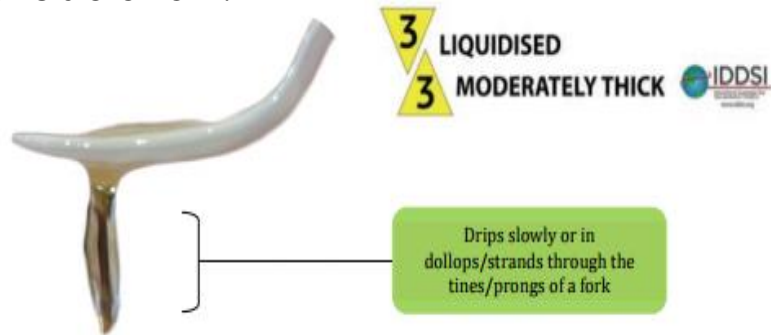
# Current & New Standards

Current System	New IDDSI Standard
Regular	Regular
Texture E Fork Mashable	Level 6 Soft & Bite Sized
Texture D Pre –Mashed	Level 5 Minced & Moist
Texture C Thick Puree	Level 4 Pureed
Texture B Thin Puree	Level 3 Liquidised

# FORK TEST

## Drip test

Thick drinks and fluid foods can be tested by assessing whether they flow through the slots/prongs of a fork and comparing against the detailed descriptions of each level – used for levels 3 and 4.



## Pressure test

For hard or firm food, a Fork Pressure Test is best used to assess foods in Levels 4-7 and transitional foods.



## Using the prongs for particle size

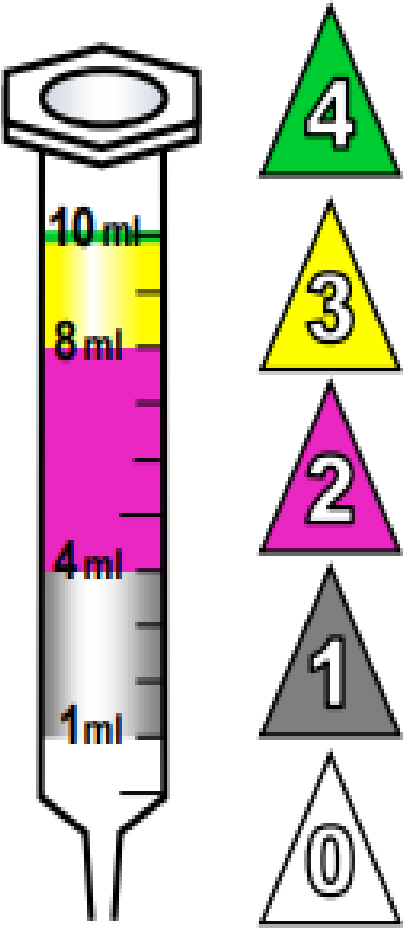
The slots/gaps between the tines/prongs of a standard metal fork typically measure 4 mm, which provides a useful compliance measure for particle size of foods at Level 5 – Minced & Moist



## SYRINGE TEST

Fill 10mm syringe and let flow for 10 seconds.


Used for Levels 3 and 4

A diagram of a 10ml syringe with a hexagonal plunger. The syringe is filled with a yellow liquid up to the 10ml mark. To the right of the syringe are five triangles representing different levels: a green triangle with the number 4, a yellow triangle with the number 3, a pink triangle with the number 2, a grey triangle with the number 1, and a white triangle with the number 0. The syringe has markings at 1ml, 4ml, 8ml, and 10ml.

## SPOON TILT TEST

Used to determine stickiness and cohesiveness.

Used for level 4

Three photographs showing a spoon being tilted over a white plate. The top photo shows a spoon with a thick, yellow, cohesive mass of material on it. The middle photo shows the spoon tilted further, with the mass beginning to slide off. The bottom photo shows the spoon tilted almost vertically, with the mass falling off the spoon onto the plate.

## LEVEL 3 LIQUIDISED



- The description reflects the process used to achieve the correct texture
- Does not hold its shape on a spoon
- Sippable and pours slowly off a spoon
- Overlaps with the liquid texture for drinks
- Cant be piped, layered or moulded
- Drops through the prongs of a fork

### Flow Test

Flows through a 10mm syringe to 8mm in 10 seconds

### Fork Test

Prongs of the fork don't make a clear pattern  
Spreads out if spilled

## LEVEL 4 PUREED



4

- No Lumps
- Does not flow under gravity
- Requires no chewing
- Can be moulded/layered/piped
- Not sticky
- No liquid separation
- Falls off spoon when tilted

### Flow Test

No flow

### Spoon Test

Should pop off spoon when tilted, may need a gentle flick

### Fork Test

Prongs of the fork make a clear pattern  
Does not spread out if spilled

**Too thick if doesn't fall off spoon when tilted or sticks**

## LEVEL 5 MINCED & MOIST



5

- Scoopable & no loose fluid/sauce
- Small particles - 4mm
- Mixed well with moisture
- No mixed (thin- thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

***Transitional Foods***

# MINCED & MOIST

## Meat

- Finely minced or chopped – 2 - 4mm
- Serve in very thick non pouring sauce
- If texture cant be finely minced then it should be pureed

## Fish

- Finely mashed in an extremely thick non pouring sauce

## Fruit & Vegetables

- Serve mashed
- Juice separated and drained

- Minimal chewing required
- Tongue force required
- Can use tongue to break the small lumps

### Fork tests:

- Can be easily mashed with a fork
- Particle size for children over 5 and adults: 4mm



## LEVEL 6 SOFT & BITE SIZED



6

- Tender
- Can be mashed/broken down
- Small particles - Adult size 15mm
- Mixed well with moisture
- No mixed (thin- thick) textures
- No hard, chewy, tough, fibrous, dry, crispy, crunchy, sharp or crumbly bits
- No pips, seeds or pith
- No skins or husks
- No skin, bone or gristle
- No round or long shapes foods
- No hard or sticky foods
- No crusting through the heating process
- No floppy texture
- No juicy foods where water separates

***Transitional Foods***

# SOFT & BITE SIZED

## Meat

- Tender meat served no bigger than 15mm or serve finely minced
- No hard bits of mince

## Fish

- Soft enough to break in to small pieces with a fork

## Fruit & Vegetables

- Served mashed
- Juice separated and drained away

- Biting not required
- Chewing is required
- Tongue force and control required

### Tests:

- Can be cut easily with a spoon
- Can be mashed easily in fork pressure test
- Particle size for children over 5 and adults: 15mm

## LEVEL 7 REGULAR



- Patients can manage all food textures without modification – must be able to bite and chew food
- Can be hard in its original state but must break down quickly with minimal chewing and tongue pressure
- Normal everyday food
- Can be hard and crunchy or naturally soft
- Includes hard, tough, stringy, chewy, crispy, crumbly etc etc
- Pips, seeds and skin is ok

***Transitional Foods***