



Descriptors and measurement methods of the food or drink levels

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INDEED: “Innovative tools for diets oriented to education and health improvement in dysphagia condition” - Project N: 2020-1-ES01-KA204-083288



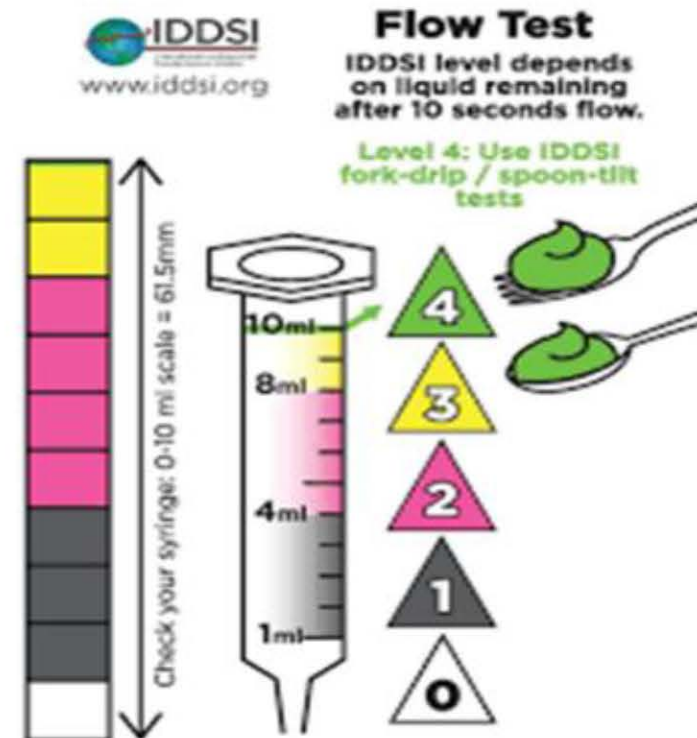
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Goals of the lesson

The aim of this lesson is to learn
descriptors and measurement
methods of the food or drink levels

Learning outcomes

- To learn common terminology to describe food textures and drink thickness
- To discuss detailed descriptors for the all levels drinks and foods
- To apply simple measurement methods for foods and drinks levels detection



(Source: <https://www.iddsi.org>)

Ice Breaker



**Did you noticed that
solids and liquids are
brought to complex
strengths when
masticated and
swallowed?**



Regulation on texture-modified food or drink

- The Complete IDDSI Framework Detailed Definitions document provides detailed descriptors for all levels of the IDDSI Framework. The Complete IDDSI Framework Detailed Definitions 2019 is an update to the 2016 document.
- Descriptors are supported by simple measurement methods that can be used by people with dysphagia or by caregivers, clinicians, food service professionals or industry to confirm the level a food or drink fits into.
- The IDDSI Framework provides a common terminology to describe food textures and drink thickness. IDDSI tests are intended to confirm the flow or textural characteristics of a particular product at the time of testing.
- Testing should be done on foods and drinks under the intended serving conditions (especially temperature).

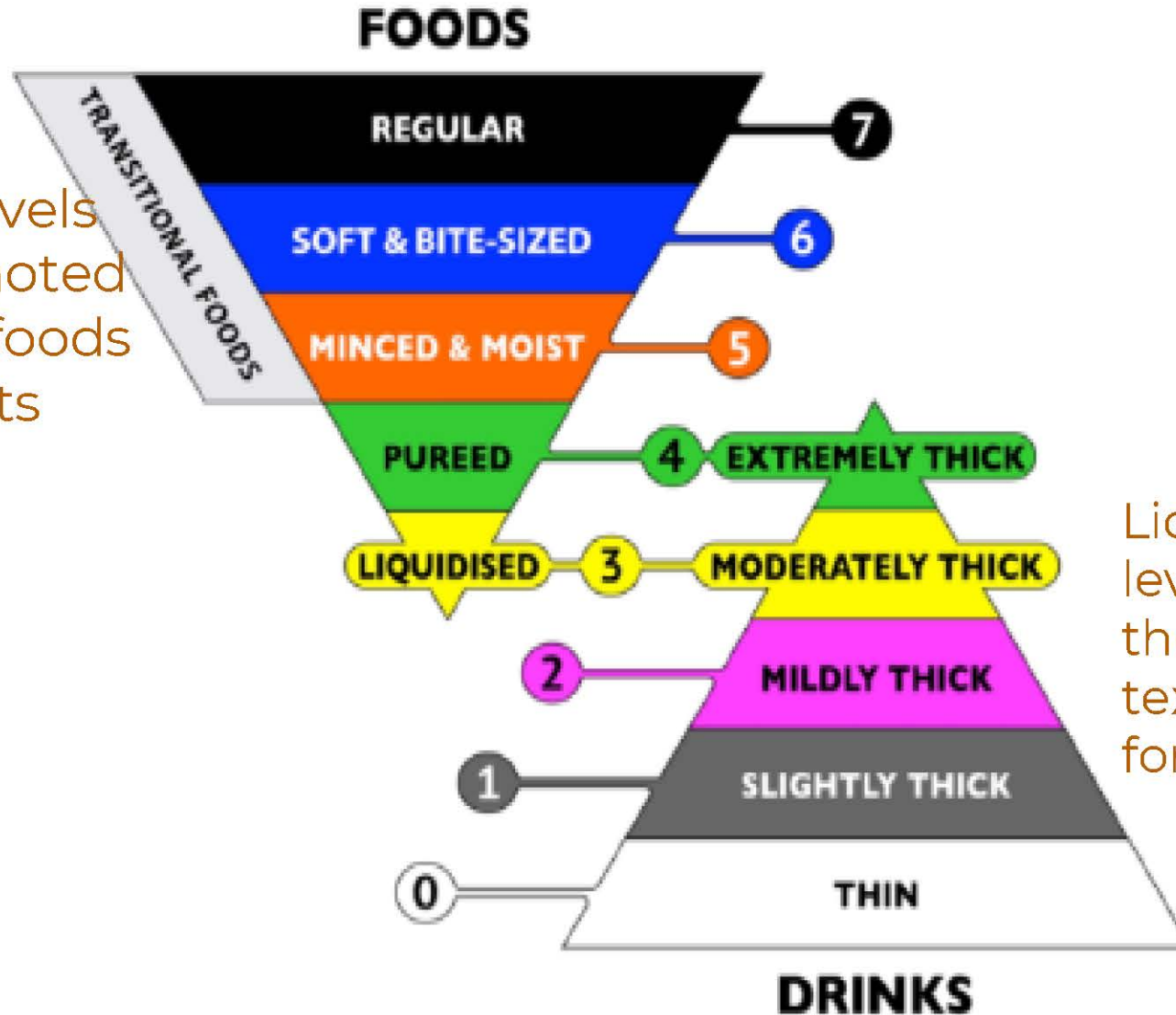


Remember that temperature is a critical factor in rheological properties!

<https://www.iddsi.org/Resources/Videos/Introduction-to-IDDSI>



Foods classified as levels 4 to 7 are therefore noted as texture-modified foods for dysphagic patients



Liquids classified as levels 0 to 4 are therefore noted as texture-modified foods for dysphagic patients



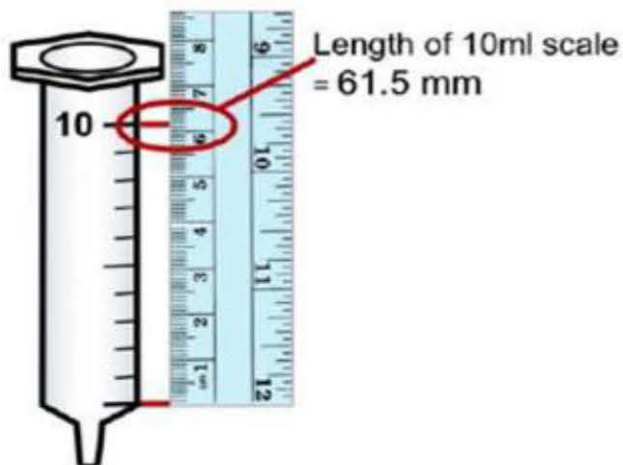
Description/Characteristics

- Flows like water
- Fast flow
- Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills.

Physiological rationale for this level of thickness

- Functional ability to safely manage liquids of all types

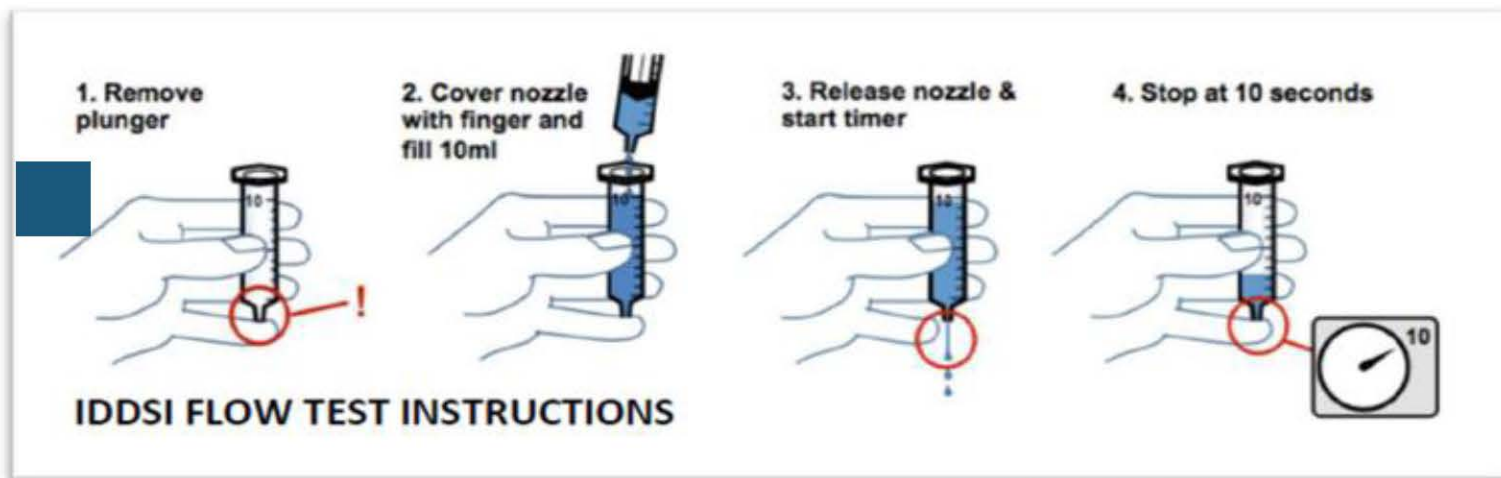
#Before you test...
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



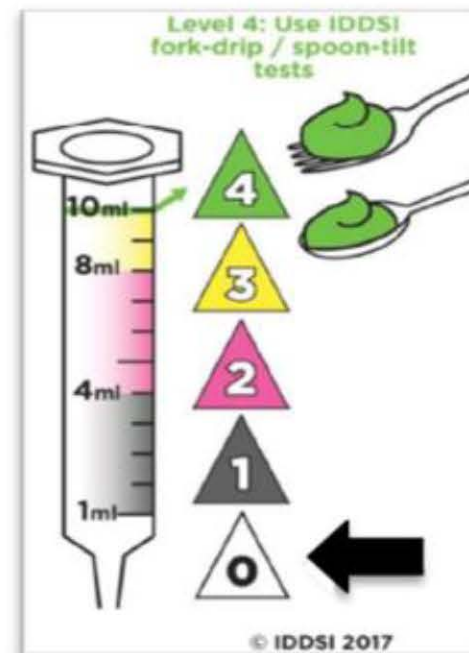
■ TESTING METHOD

IDDSI Flow Test

- **Less than 1 mL** remaining in the 10 mL slip tip syringe **after 10 seconds of flow**



(Source: <https://www.iddsi.org>)





SLIGHTLY THICK

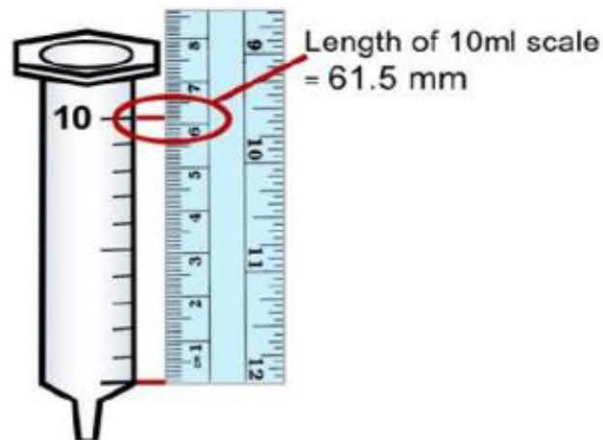
Description/Characteristics

- Thicker than water
- Requires a little more effort to drink than thin liquids
- Flows through a straw, syringe, teat/nipple
- Similar to the thickness of most commercially available 'Anti-regurgitation' (AR) infant formulas

Physiological rationale for this level of thickness

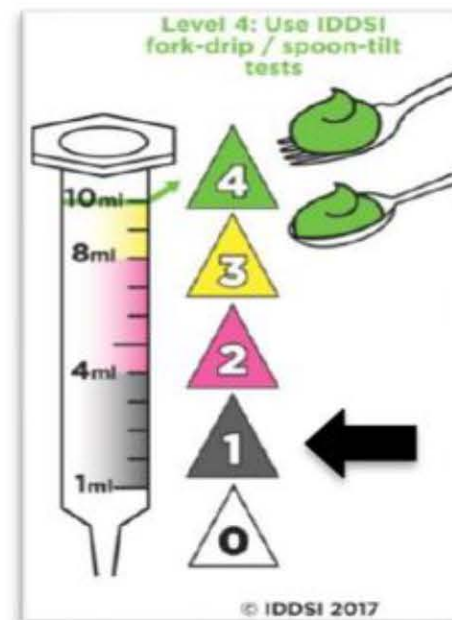
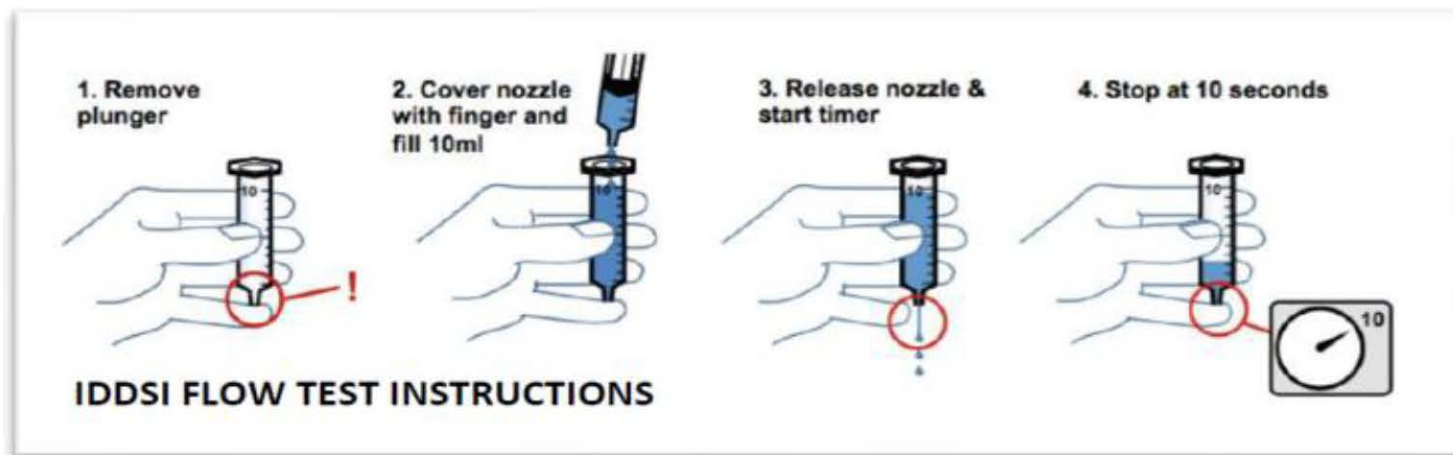
- Often used in the paediatric population as a thickened drink that reduces speed of flow yet is still able to flow through an infant teat/nipple. Consideration to flow through a teat/nipple should be determined on a case-by-case basis.
- Also used in adult populations where thin drinks flow too fast to be controlled safely. These slightly thick liquids will flow at a slightly slower rate.

#Before you test...
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



TESTING METHOD

- Test liquid flows through a 10 mL slip tip syringe# **leaving 1-4 mL in the syringe after 10 seconds**



(Source: <https://www.iddsi.org>)

INDEED: “Innovative tools for diets oriented to education and health improvement in dysphagia condition”

Project N: 2020-1-ES01-KA204-083288

Description/Characteristics

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Mild effort is required to drink this thickness through standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter)

Physiological rationale for this level of thickness

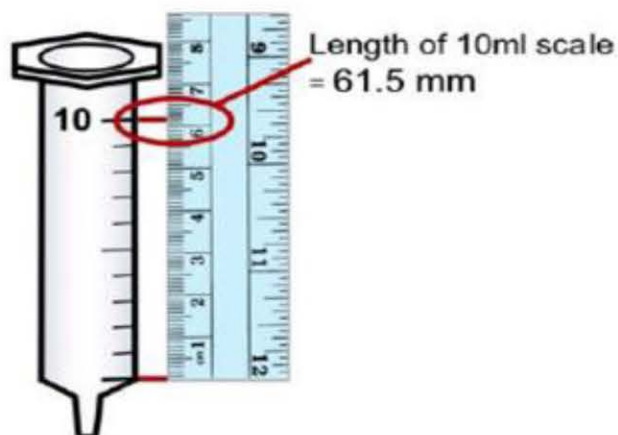
- If thin drinks flow too fast to be controlled safely, these Mildly Thick liquids will flow at a slightly slower rate
- May be suitable if tongue control is slightly reduced.

TESTING METHOD

IDDSI Flow Test*

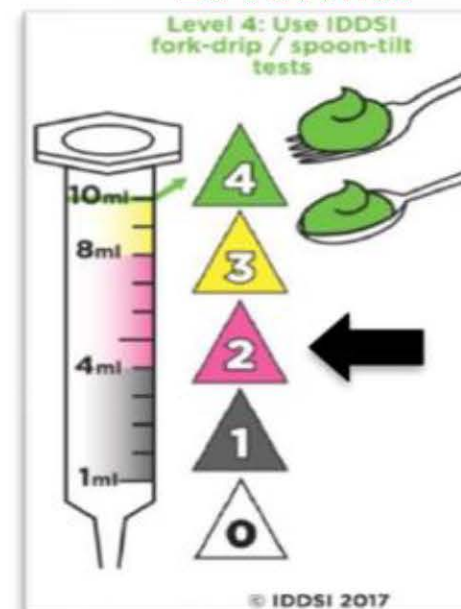
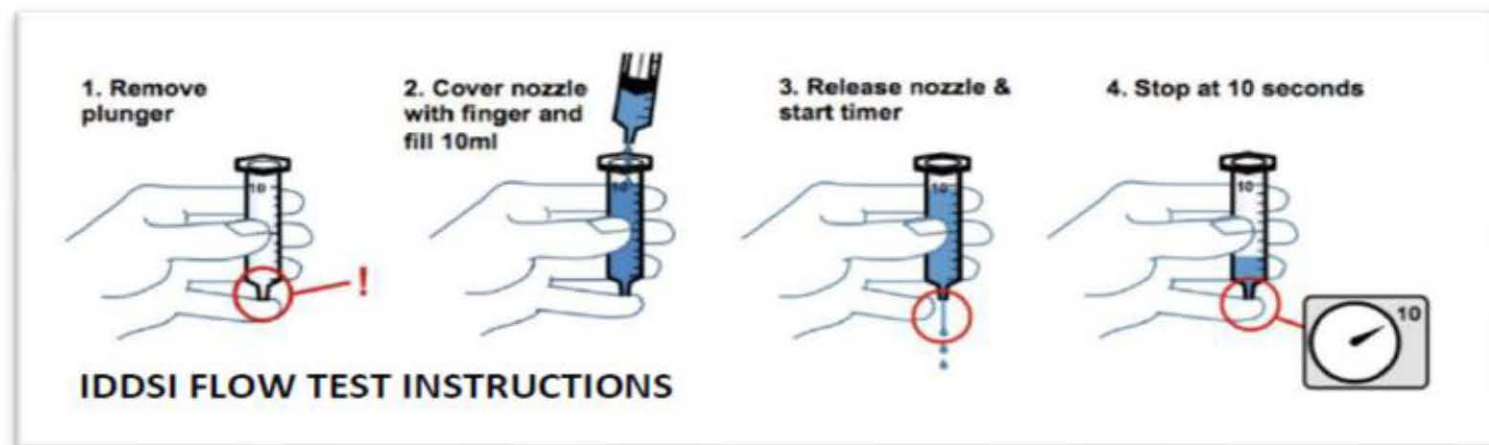
- Test liquid flows through a 10 mL slip tip syringe leaving 4 to 8 mL in the syringe after 10 seconds
(see IDDSI Flow Test instructions*)

#Before you test...
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



TESTING METHOD

- Test liquid flows through a 10 mL slip tip syringe leaving **4 to 8 mL in the syringe after 10 seconds**



(Source: <https://www.iddsi.org>)

Description/Characteristics

- Can be drunk from a cup
- Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm)
- Cannot be piped, layered or molded on a plate because it will not retain its shape
- Cannot be eaten with a fork because it drips slowly in dollops through the prongs
- Can be eaten with a spoon
- No oral processing or chewing required – can be swallowed directly
- Smooth texture with no 'bits' (lumps, fibers, bits of shell or skin, husk, particles of gristle or bone)

Physiological rationale for this level of thickness

- If tongue control is insufficient to manage Mildly Thick drinks (Level 2), this Liquidised/Moderately thick level may be suitable
- Allows more time for oral control
- Needs some tongue propulsion effort
- Pain on swallowing

TESTING METHODS

IDDSI Flow Test*

- Test liquid flows through a 10 ml slip tip syringe leaving > 8 ml in the syringe after 10 seconds (see IDDSI Flow Test Guide*)

Fork Drip Test

- Drips slowly in dollops through the prongs of a fork
- When a fork is pressed on the surface of Level 3 Moderately Thick Liquid/Liquidised food, the tines/prongs of a fork do not leave a clear pattern on the surface
- Spreads out if spilled onto a flat surface

Spoon Tilt Test

- Easily pours from spoon when tilted; does not stick to spoon

Where forks are not available Chopstick Test

- Chopsticks are not suitable for this texture

Where forks are not available Finger Test

- It is not possible to hold a sample of this food texture using fingers, however, this texture slides smoothly and easily between the thumb and fingers, leaving a coating

Food specific or Other examples (NB. this list is not exhaustive)

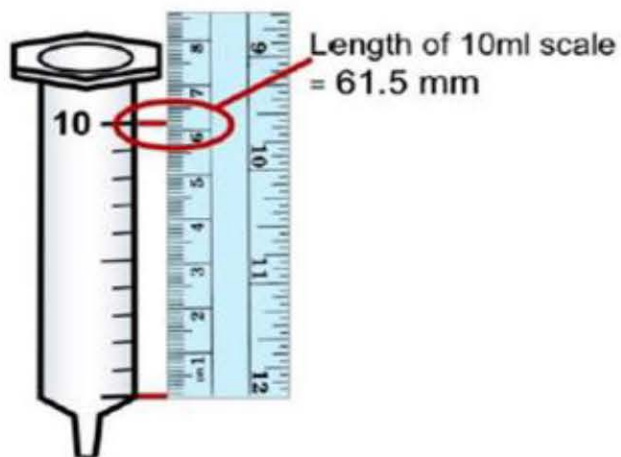
- The following items may fit into IDDSI Level 3:
- Infant “first foods” (runny rice cereal or runny pureed fruit)
 - Some sauces and gravies, as confirmed by IDDSI Flow Test

- Some syrups, as confirmed by IDDSI Flow Test

TESTING METHOD

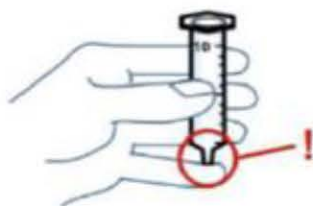
#Before you test...

You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



- Test liquid flows through a 10 mL slip tip syringe leaving **> 8 mL in the syringe after 10 seconds**

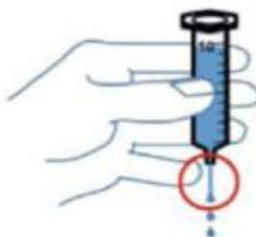
1. Remove plunger



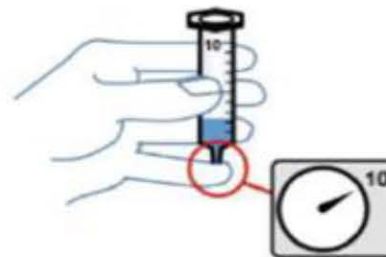
2. Cover nozzle with finger and fill 10ml



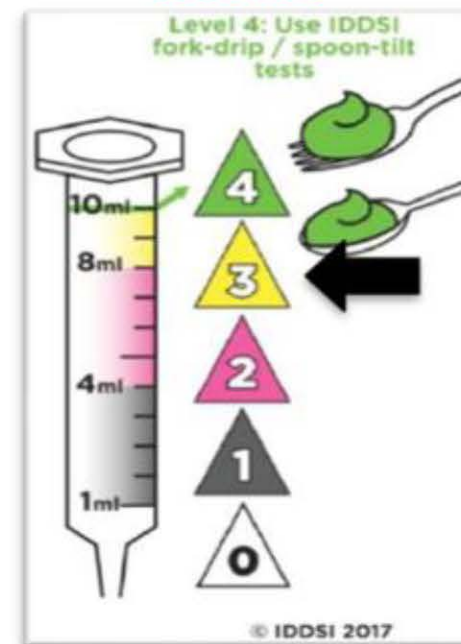
3. Release nozzle & start timer



4. Stop at 10 seconds



IDDSI FLOW TEST INSTRUCTIONS



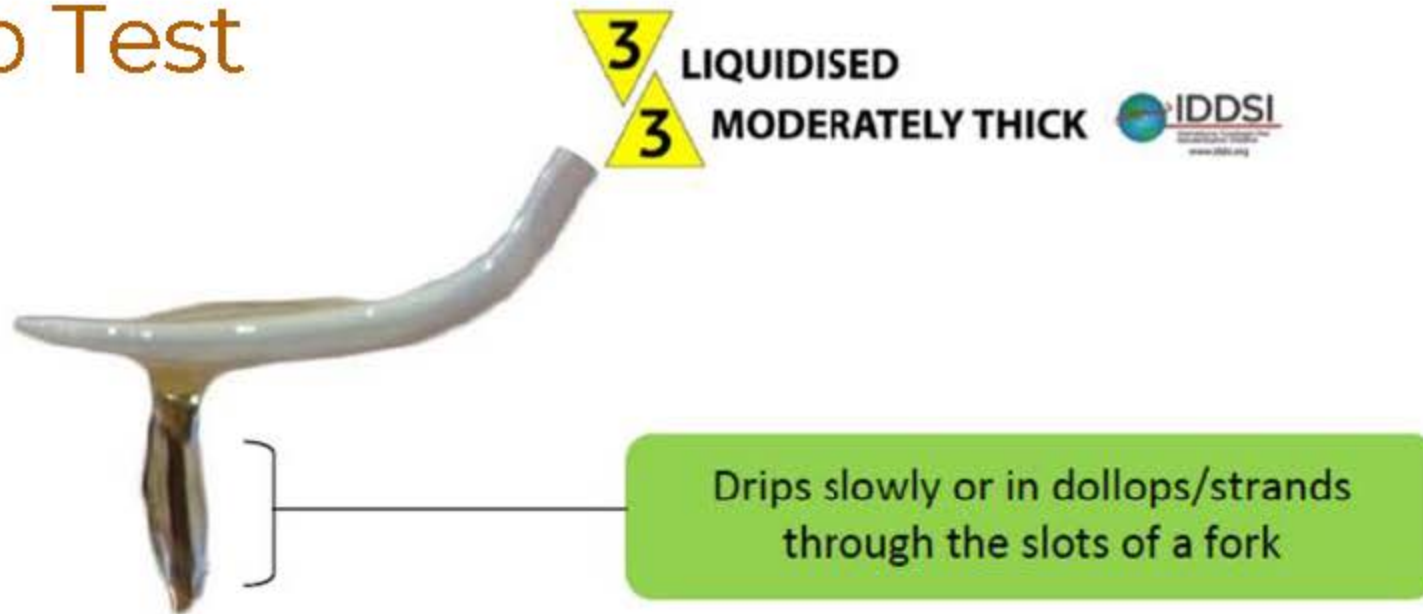
3

LIQUIDISED

3

MODERATELY THICK

Fork Drip Test



(Source: <https://www.iddsi.org>)

4

PUREED

4

EXTREMELY THICK

Description/Characteristics

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup because it does not flow easily
- Cannot be sucked through a straw
- Does not require chewing
- Can be piped, layered or molded because it retains its shape, but should not require chewing if presented in this form
- Shows some very slow movement under gravity but cannot be poured
- Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate
- No lumps
- Not sticky
- Liquid must not separate from solid

4

PUREED

4

EXTREMELY THICK

Physiological rationale for this level of thickness

- If tongue control is significantly reduced, this category may be easiest to control
- Requires less propulsion effort than Minced & Moist (level 5), Soft & Bite-Sized (Level 6) and Regular and Regular Easy to Chew (Level 7) but more than Liquidised/Moderately thick (Level 3)
- No biting or chewing is required
- Increased oral and/or pharyngeal residue is a risk if too sticky
- Any food that requires chewing, controlled manipulation or bolus formation are not suitable
- Pain on chewing or swallowing
- Missing teeth, poorly fitting dentures

Fork Pressure test

- Smooth with no lumps and minimal granulation
- When a fork is pressed on the surface of Level 4 Extremely Thick Liquid/Pureed food, the tines/prongs of a fork can make a clear pattern on the surface, and/or the food retains the indentation from the fork

Fork Drip test

Fork Drip test contd.

- Sample sits in a mound/pile above the fork; a small amount may flow through and form a short tail below the fork tines/prongs, but it does not flow or drip continuously through the prongs of a fork (see picture below)

Spoon Tilt test

- Cohesive enough to hold its shape on the spoon
- A full spoonful must plop off the spoon if the spoon is tilted or turned sideways; a very gentle flick (using only fingers and wrist) may be necessary to dislodge the sample from the spoon, but the sample should slide off easily with very little food left on the spoon. A thin film remaining on the spoon after the Spoon Tilt Test is acceptable, however, you should still be able to see the spoon through the thin film; i.e. the sample should not be firm and sticky
- May spread out slightly or slump very slowly on a flat plate

Where forks are not available

Chopstick test

- Chopsticks are not suitable for this texture

Where forks are not available

Finger test

- It is just possible to hold a sample of this texture using fingers. The texture slides smoothly and easily between the fingers and leaves noticeable coating

Indicators that a sample is too thick

- Does not fall off the spoon when tilted
- Sticks to spoon

4

PUREED

4

EXTREMELY THICK

Sits in a mound or
pile above the fork



A small amount may flow through and form a short tail below the fork
Does not dollop, flow or drip continuously through the fork prongs

4
4PUREED
EXTREMELY THICK

Spoon Tilt Test: Holds shape on spoon; not firm and sticky; little food left on spoon



(Source: <https://www.iddsi.org>)

The following images show examples of foods that would be suitable or unsuitable for Level 4 according to the IDDSI Spoon Tilt Test

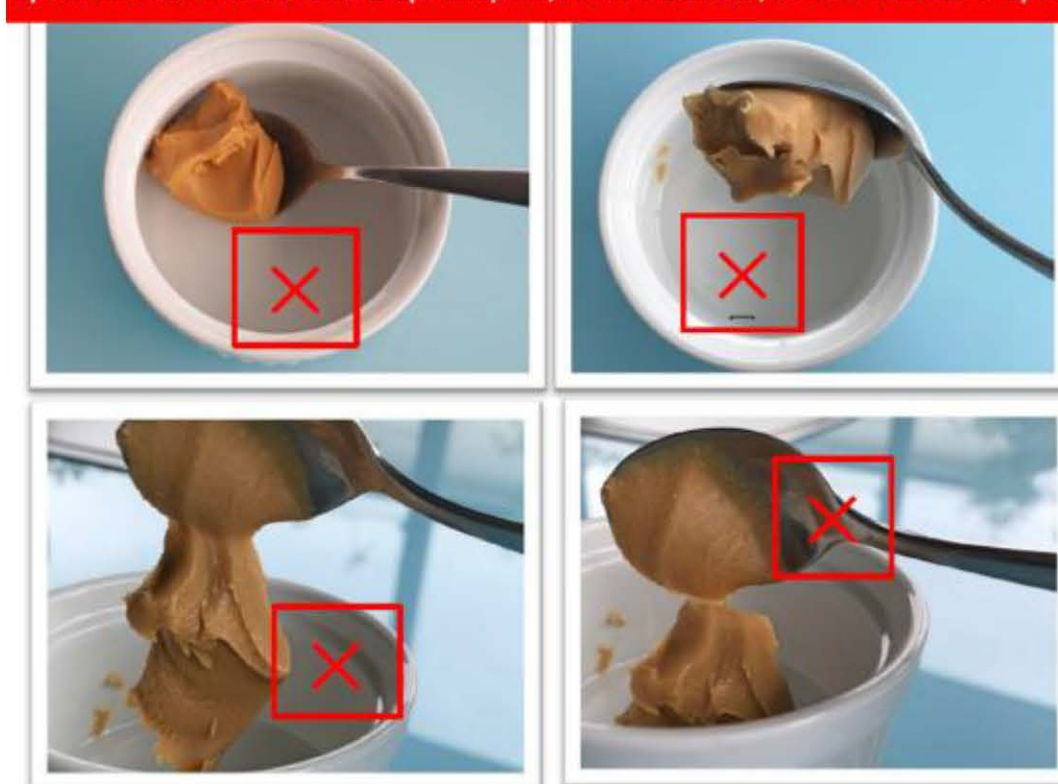
Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



Spoon Tilt Test: UNSAFE: Holds shape on spoon; FIRM AND STICKY; LOTS OF food left on spoon



(Source: <https://www.iddsi.org>)

Description/Characteristics

- Can be eaten with a fork or spoon
- Could be eaten with chopsticks in some cases, if the individual has very good hand control
- Can be scooped and shaped (e.g. into a ball shape) on a plate
- Soft and moist with no separate thin liquid
- Small lumps visible within the food
 - *Paediatric, equal to or less than 2 mm width and no longer than 8mm in length*
 - *Adult, equal to or less than 4mm width and no longer than 15mm in length*
- Lumps are easy to squash with tongue

Physiological rationale for this level of thickness

- Biting is not required
- Minimal chewing is required
- Tongue force alone can be used to separate the soft small particles in this texture
- Tongue force is required to move the bolus
- Pain or fatigue on chewing
- Missing teeth, poorly fitting dentures

TESTING METHODS

Fork Pressure test

- When pressed with a fork the particles should easily be separated between and come through the tines/prongs of a fork
- Can be easily mashed with little pressure from a fork [pressure should not make the thumb nail blanch to white]

Fork Drip test

- When a sample is scooped with a fork it sits in a pile or can mound on the fork and does not easily or completely flow or fall through the tines/prongs of a fork

Spoon Tilt test

- Cohesive enough to hold its shape on the spoon
- A full spoonful must slide/pour off/fall off the spoon if the spoon is tilted or turned sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon; i.e. the sample should not be sticky
- A scooped mound may spread or slump very slightly on a plate



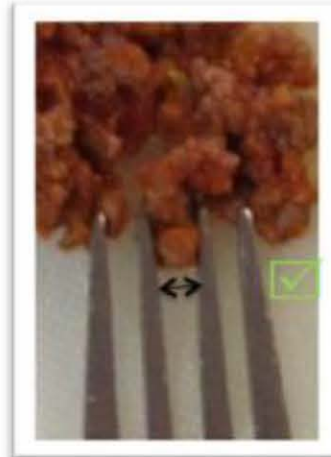
TESTING METHODS



MINCED & MOIST



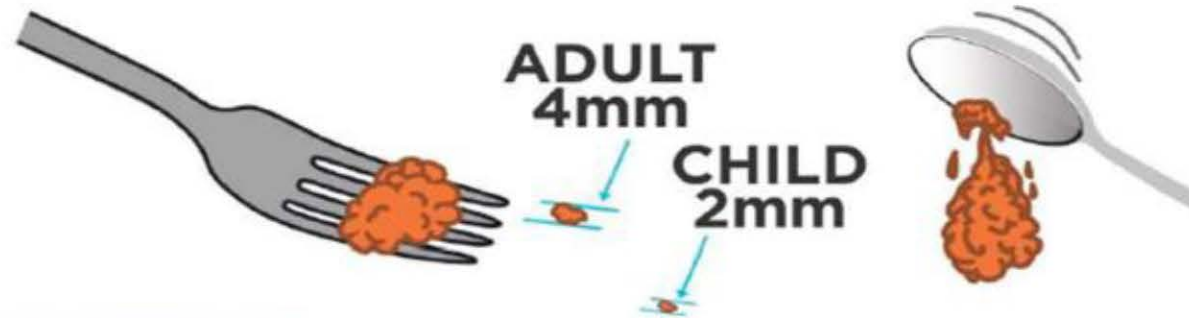
Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



Note - lump size requirements for all foods in Level 5 Minced & Moist:

- Paediatric, equal to or less than 2mm width and no more than 8mm in length
- Adult, equal to or less than 4mm width and no more than 15mm in length

Minced & Moist food must pass all three tests!



IDDSI Fork Test

Paediatric, equal to or less than 2mm width and no more than 8mm in length

Adult, equal to or less than 4mm width and no more than 15mm in length

4mm is about the gap between the prongs of a standard dinner fork



Soft enough to squash easily with fork or spoon

Don't need thumb nail to blanch white



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

(Source: <https://www.iddsi.org>)



MINCED & MOIST

MEAT

- Finely minced* or chopped*, soft mince (Source: <https://unsplash.com>)
 - *Paediatric, equal to or less than 2mm width and no longer than 8mm in length*
 - *Adult, equal to or less than 4mm width and no more than 15mm in length*
- Serve in mildly, moderately or extremely thick, smooth, sauce or gravy, draining excess
- *If texture cannot be finely minced it should be pureed

FISH

- Finely mashed in mildly, moderately or extremely thick smooth, sauce or gravy, draining excess
 - *Paediatric, equal to or less than 2mm width and no longer than 8mm in length*
 - *Adult, equal to or less than 4mm width and no more than 15mm in length*

(Source: <https://www.iddsi.org>)

FRUIT

- Serve finely minced or chopped or mashed
- Drain excess juice
- If needed, serve in mildly, moderately or extremely thick smooth sauce or gravy AND drain excess liquid. No thin liquid should separate from food
 - *Paediatric, equal to or less than 2mm width and no longer than 8mm in length*
 - *Adult, equal to or less than 4mm width and no more than 15mm in length*

VEGETABLES

- Serve finely minced or chopped or mashed
- Drain any liquid
- If needed, serve in mildly, moderately or extremely thick smooth sauce or gravy AND drain excess liquid. No thin liquid should separate from food
 - *Paediatric, equal to or less than 2mm width and no longer than 8mm in length*
 - *Adult, equal to or less than 4mm width and no more than 15mm in length*

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5 MINCED & MOIST



(Source: <https://unsplash.com>)



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5 MINCED & MOIST

CEREAL

- Thick and smooth with small soft lumps
- *Paediatric, equal to or less than 2mm width and no longer than 8mm in length*
- *Adult, equal to or less than 4mm width and no more than 15mm in length*
- Texture fully softened
- Any milk/fluid must not separate away from cereal. Drain any excess fluid before serving

RICE, COUSCOUS, QUINOA (and similar food textures)

- Not sticky or glutinous
- Should not be particulate or separate into individual grains when cooked and served
- Serve with smooth mildly, moderately or extremely thick sauce and Sauce must not separate away from rice, couscous, quinoa (and similar food textures). Drain excess fluid before serving



(Source: <https://unsplash.com>)

5 MINCED & MOIST

BREAD

- No regular, dry bread, sandwiches or toast of any kind
- Use IDDSI Level 5 Minced & Moist sandwich recipe video

<https://www.youtube.com/watch?v=W7bOufqzmz18>

- Pre-gelled 'soaked' breads that are very moist and gelled through the entire thickness



(Source: <https://www.iddsi.org>)

Description/Characteristics

- Can be eaten with a fork, spoon or chopsticks
- Can be mashed/broken down with pressure from fork, spoon or chopsticks
- A knife is not required to cut this food, but may be used to help load a fork or spoon
- Soft, tender and moist throughout but with no separate thin liquid
- Chewing is required before swallowing
- 'Bite-sized' pieces as appropriate for size and oral processing skills
 - *Paediatric, 8mm pieces (no larger than)*
 - *Adults, 15 mm = 1.5 cm pieces (no larger than)*

Physiological rationale for this level of thickness

- Biting is not required
- Chewing is required
- Food piece sizes designed to minimize choking risk
- Tongue force and control is required to move the food and keep it within the mouth for chewing and oral processing
- Tongue force is required to move the bolus for swallowing
- Pain or fatigue on chewing
- Missing teeth, poorly fitting dentures

TESTING METHODS

Fork Pressure test

- Pressure from a fork held on its side can be used to 'cut' or break apart or flake this texture into smaller pieces
- When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork is removed.

Spoon Pressure test

- Pressure from a spoon held on its side can be used to 'cut' or break this texture into smaller pieces.
- When a sample the size of a thumb nail (1.5 cm x1.5 cm) is pressed with the base of a spoon, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the spoon is removed.

TESTING METHODS

Where forks are not available - Chopstick test

- Chopsticks can be used to break this texture into smaller pieces or puncture food

Where forks are not available - Finger test

- Use a sample the size of a thumb nail (1.5 cm x 1.5 cm). It is possible to squash a sample of this texture using finger pressure such that the thumb and index finger nails blanch to white. The sample breaks apart and will not return to its initial shape once pressure is released.

EXAMPLES: <https://iddsi.org/framework/food-testing-methods/>



Thumb nail blanching to white



Sample squashes and does not return to its original shape when pressure is released

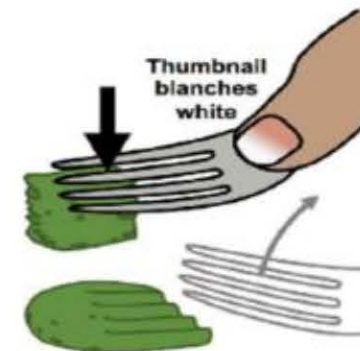
Food pieces no bigger than 8mm x 8mm lump size for children



Food pieces no bigger than 1.5cm x 1.5cm bite size for adults



Soft & Bite-Sized food must pass both food piece size and softness tests!



(Source: <https://www.iddsi.org>)

6 SOFT & BITE-SIZED

Note - food size requirements for all foods in Level 6 Soft & Bite-sized:

- Paediatric, 8mm pieces
- Adult, 15mm = 1.5cm pieces

MEAT

- Cooked, tender meat no bigger than
 - *Paediatric, 8mm pieces*
 - *Adults, 15 mm = 1.5 x 1.5 cm pieces*
- If texture cannot be served soft and tender at 1.5 cm x 1.5 cm (as confirmed with fork/ spoon pressure test), serve minced and moist

FISH

- Soft enough cooked fish to break into small pieces with fork, spoon or chopsticks no larger than
 - *Paediatric, 8mm pieces*
 - *Adults, 15 mm = 1.5 cm pieces*
- No bones or tough skins



(Source: <https://unsplash.com>)

CASSEROLE/STEW/CURRY

- Liquid portion (e.g. sauce) must be thick (as per clinician recommendations)
- Can contain meat, fish or vegetables if final cooked pieces are soft and tender and no larger than
- No hard lumps



(Source: <https://unsplash.com>)

6 SOFT & BITE-SIZED

FRUIT

- Serve minced or mashed if cannot be cut to soft & bite-sized pieces
 - *Paediatric, 8mm pieces*
 - *Adults, 15 mm = 1.5 cm pieces*
- Fibrous parts of fruit are not suitable
- Drain excess juice
- Assess individual ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing



(Source: <https://unsplash.com>)

VEGETABLES

- Steamed or boiled vegetables with final cooked size of
 - *Paediatric, 8mm pieces*
 - *Adults, 15 mm = 1.5 cm pieces*
- Stir fried vegetables may be too firm and are not soft or tender. Check softness with fork/spoon pressure test



(Source: <https://unsplash.com>)

CEREAL

- Smooth with soft tender lumps no bigger than
 - *Paediatric, 8mm pieces*
 - *Adults, 15 mm = 1.5 cm pieces*
- Texture fully softened
- Any excess milk or liquid must be drained and/or thickened to thickness level recommended by clinician



(Source: <https://unsplash.com>)

BREAD

- No regular dry bread, sandwiches or toast of any kind
- Use IDDSI Level 5 Minced & Moist sandwich recipe video to prepare bread and add to filling that meets Level 6 Soft & Bitesized requirements
- <https://www.youtube.com/watch?v=W7bOufqzmz18>
- Pre-gelled 'soaked' breads that are very moist and gelled through the entire thickness



(Source: <https://www.iddsi.org>)

RICE, COUCOUS, QUINOA (and similar food textures)

- Not particulate/grainy, sticky or glutinous

Description/Characteristics

- Normal, everyday foods of soft/tender textures that are developmentally and age appropriate
- Any method may be used to eat these foods
- Sample size is not restricted at Level 7, therefore, foods may be of a range of sizes
 - *Smaller or greater than 8mm pieces (Paediatric)*
 - *Smaller or greater than 15 mm = 1.5 cm pieces (Adults)*
- Does not include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones
- May include 'dual consistency' or 'mixed consistency' foods and liquids if also safe for Level 0, and at clinician discretion. If unsafe for Level 0
- Thin, liquid portion can be thickened to clinician's recommended thickness level

■ Physiological rationale for this level of thickness

- Requires the ability to bite soft foods and chew and orally process food for long enough that the person forms a soft cohesive ball/bolus that is 'swallow ready'. Does not necessarily require teeth.
- Requires the ability to chew and orally process soft/tender foods without tiring easily
- May be suitable for people who find hard and/or chewy foods difficult or painful to chew and swallow
- This level could present a choking risk for people with clinically identified increased risk of choking, because food pieces can be of any size. Restricting food piece sizes aims to minimize choking risk (e.g. Level 4 Pureed, Level 5 Minced & Moist, Level 6 Soft & Bite-sized have food piece size restrictions to minimize choking risk)
- This level may be used by qualified clinicians for developmental teaching, or progression to foods that need more advanced chewing skills
- **If the person needs supervision to eat safely, before using this texture level consult a qualified clinician to determine the person's food texture needs, and meal time plan for safety**
- People can be unsafe to eat without supervision due to chewing and swallowing problems and/or unsafe mealtime behaviours. Examples of unsafe mealtime behaviors include: not chewing very well, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food, inability to self-monitor chewing ability.
- Clinicians should be consulted for specific advice for patient needs, requests and requirements for supervision.
- **Where mealtime supervision is needed, this level should only be used under the strict recommendation and written guidance of a qualified clinician**

■ TESTING METHODS

Fork Pressure test

- Pressure from a fork held on its side can be used to 'cut' or break apart or flake this texture into smaller pieces
- When a sample the size of a thumb nail (1.5x1.5cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape and does not return to its original shape when the fork is removed.

Spoon Pressure test

- Pressure from a spoon held on its side can be used to 'cut' or break or flake this texture into smaller pieces
- When a sample the size of a thumb nail (1.5x1.5cm) is pressed with the base of a spoon to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape and does not return to its original shape when the spoon is removed.

TESTING METHODS

Where forks are not available - Chopstick test

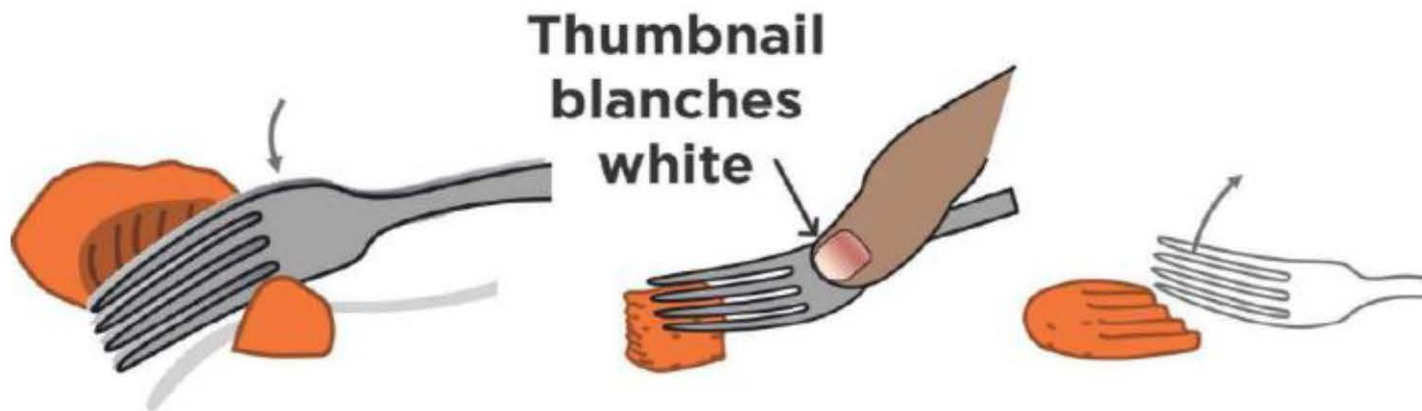
- Chopsticks can be used to puncture this texture

Where forks are not available - Finger test

- Use a sample the size of a thumb nail (1.5x1.5cm). It is possible to squash a sample of this texture using finger pressure such that the thumb and index finger nails blanch to white. The sample squashes and breaks apart and will not return to its initial shape once pressure is released.

EXAMPLES: <https://iddsi.org/framework/food-testing-methods/>

Easy to Chew foods must break apart easily with the side of a fork or spoon and pass Fork Pressure Test



Must be able to break food apart easily with the side of a fork or spoon

IDDSI Fork Pressure Test

To make sure the food is soft enough, press down on the fork until the thumb nail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

7 EASY TO CHEW



(Source: <https://www.iddsi.org>)

(Source: <https://www.iddsi.org>)

MEAT

- Cooked until tender
- If texture cannot be served soft and tender, serve minced and moist

FISH

- Soft enough cooked fish to break into small pieces with the side fork, spoon or chopsticks

CASSEROLE/STEW/CURRY

- Can contain meat, fish, vegetables, or combinations of these if final cooked pieces are soft and tender
- Serve in mildly, moderately or extremely thick sauce and drain excess liquid
- No hard lumps

FRUIT

- Soft enough to be cut broken apart into smaller pieces with the side of a fork or spoon. Do not use the fibrous parts of fruit (e.g. the white part of an orange).

VEGETABLES

- Steam or boil vegetables until tender. Stir fried vegetables may be too firm for this level. Check softness with fork/spoon pressure test

7 EASY TO CHEW

CEREAL

- Served with texture softened
- Drain excess milk or liquid and/or thicken to thickness level recommended by clinician

BREAD

- Bread, sandwiches and toast that can be cut or broken apart into smaller pieces with the side of a fork or spoon can be provided at clinician discretion

RICE, COUSCOUS, QUINOA (and similar food textures)

- No special instructions



(Source: <https://www.iddsi.org>)



(Source: <https://unsplash.com>)

Description/Characteristics

- Normal, everyday foods of various textures that are developmentally and age appropriate
- Any method may be used to eat these foods
- Foods may be hard and crunchy or naturally soft
- Sample size is not restricted at Level 7, therefore, foods may be of a range of sizes
 - *Smaller or greater than 8mm pieces (Paediatric)*
 - *Smaller or greater than 15 mm = 1.5 cm pieces (Adults)*
- Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits
- Includes food that contains pips, seeds, pith inside skin, husks or bones
- Includes 'dual consistency' or 'mixed consistency' foods and liquids

Physiological rationale for this level of thickness

- Ability to bite hard or soft foods and chew them for long enough that they form a soft cohesive ball/bolus that is 'swallow ready'
- An ability to chew all food textures without tiring easily
- An ability to remove bone or gristle that cannot be swallowed safely from the mouth

TESTING METHODS

- Not Applicable

To Know More

1. <https://www.iddsi.org/Resources/Patient-Handouts>
2. <https://www.iddsi.org/Resources/Audit-Tools>
3. <https://www.youtube.com/watch?v=peiLPtnmEsA>
4. <https://www.lybrate.com/topic/dysphagia-diet#food-items-you-can-easily-consume>
5. <https://iddsi.org/framework/food-testing-methods/>
6. <https://www.youtube.com/watch?v=W7bOufqmz18>

To Know More

VISIT the IDDSI YouTube Channel

IDDSI handouts, webinars and recorded webinars

www.iddsi.org/resources



To Know More

Android & iOS
- for Smartphones & Tablets

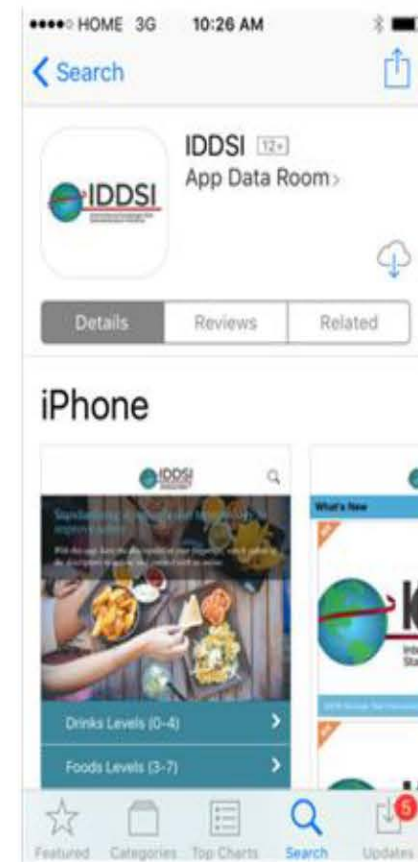
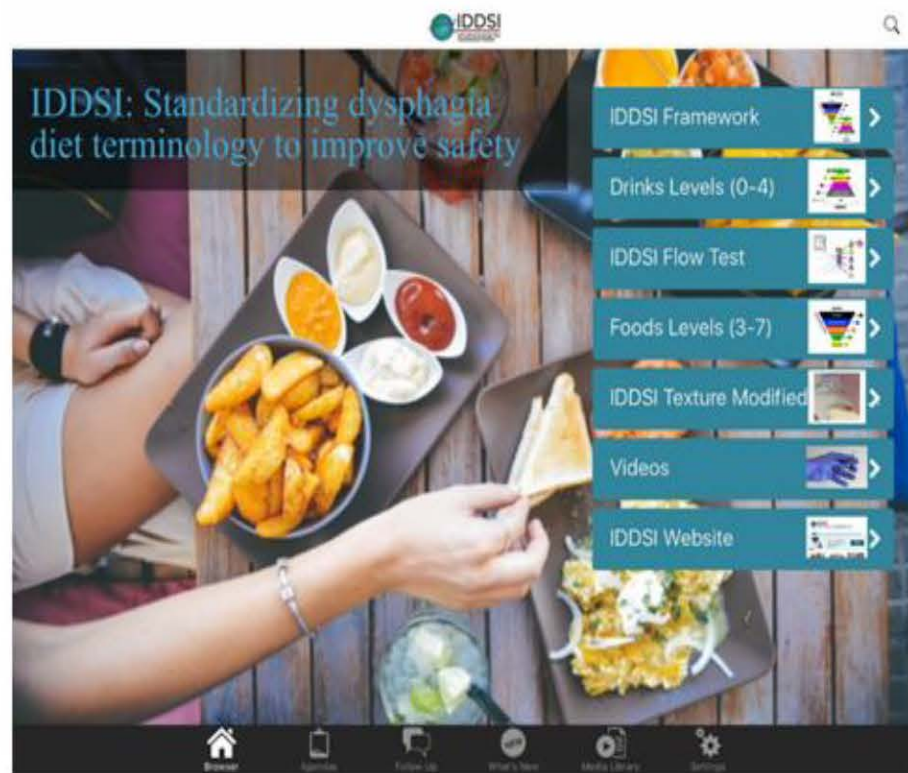


Table for activity



The activity take 60 minutes



The goals of the activity - application of simple measurement methods for foods and drinks levels detection



Theoretical lecture and practical activity



We need food meals, drinks, 10 mL slip tip syringe, fork, spoon



Online or live

Time for discussion

Any questions?



Review



Reflect on the session



Feedback



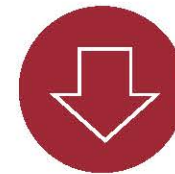
How many stars would
you give this workshop
(1 to 5)?



What reasonable change
would you recommend?



What did you like the
MOST?



What did you like the
LEAST?

Indeed partners



<https://indeed-project.org/>

INDEED: "Innovative tools for diets oriented to education and health improvement in dysphagia condition"

Project N: 2020-1-ES01-KA204-083288



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