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CORPORATE DIETITIANS

IDDSI Food and Liquid Testing Methods

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What is IDDSI?

- A global initiative to improve the lives of over 590 million people worldwide living with dysphagia.
- Multidisciplinary, international group of researchers and clinicians
 - MAIN OBJECTIVES
 - Global Terminology
 - Practical & Valid Measurement Techniques
 - All ages, all care settings, all cultures
 - Person focused vs profession focused
 - Standardized way of naming and describing dysphagia diets





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IDDSI FLOW TEST: TO CLASSIFY LIQUID THICKNESS



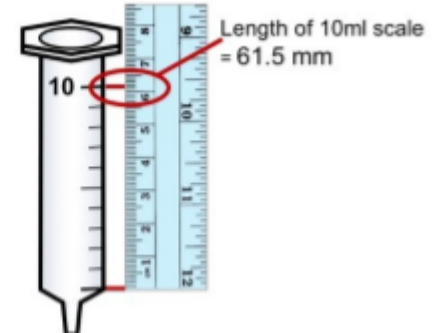
IDDSI FLOW TEST

The IDDSI Flow test uses a 10 mL slip tip hypodermic syringe, as shown in the image below.



#Before you test...

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



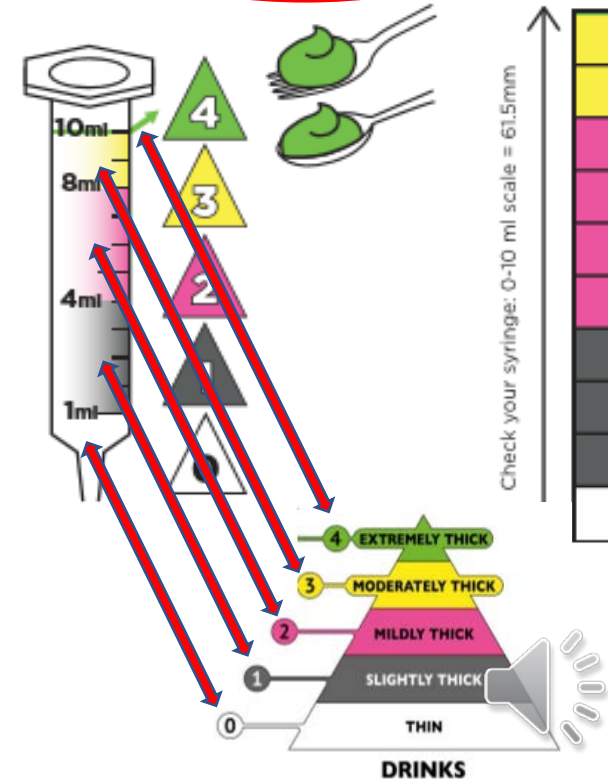
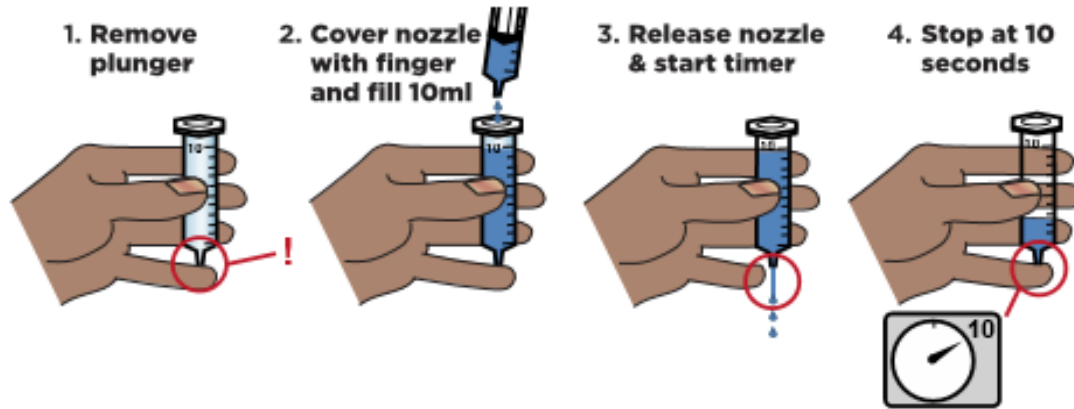
- Specifically, the IDDSI Flow test uses a reference syringe with a measured length of 61.5 mm from the zero line to the 10 mL line
- Specific syringe type is by Becton Dickinson: **BD 10 ml Slip Tip syringe Mfr# 301004**



Flow Test

IDDSI level depends on liquid remaining after 10 seconds flow.

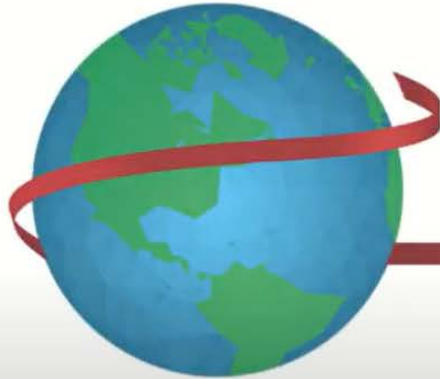
**Level 4: Use IDDSI
fork-drip / spoon-tilt tests**



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IDDSI

International Dysphagia Diet
Standardisation Initiative



Intended for Liquids

0 THIN

1 SLIGHTLY THICK

2 MILDLY THICK

3 LIQUIDISED
3 MODERATELY THICK



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Liquid or product tested			
If soup, heating method(s)			
Temperature when tested at:	<input type="checkbox"/> optimal serving temperature	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Liquid critical tests include **IDDSI Flow test for ALL liquids PLUS for Level 3 Fork Drip Test**.
- Liquid item must pass or meet criteria for any row marked *.

Tests: Suitable for drinks, soups, nutritional supplements, gravies, sauces, liquid medications		Meets criteria at		
		Time of service	15 mins after serving	30 mins after serving
Critical: Appearance				
* Smooth liquids with no 'bits' (no lumps, fibres, shell, skin, husks, bone, or gristle)		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: IDDSI Flow Test (10mL Syringe measuring 61.5mm from 0-10mL, lines needed)				
* Level 0 Thin	All 10 mL flows through within 10 secs	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 1 Slightly thick	1-4 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 2 Mildly thick	4-8 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 3 Moderately Thick/Liquidised	>8 mL remains after 10 secs flow then proceed to Fork Drip Test (below)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Drip Test – Only for Level 3 - Moderately Thick/Liquidised				
* Food drips slowly in dollops through prongs of a dinner fork		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Prongs of fork do not leave a clear pattern, even briefly on the surface		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for:				
Level 0 Thin?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 1 Slightly Thick?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 2 Mildly Thick?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 3 Moderately Thick/Liquidised?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * Please see also <http://iddsi.org/framework/drink-testing-methods/> for IDDSI Flow Test and <http://iddsi.org/framework/food-testing-methods/> for Fork Drip Test



Images for Level 3 - Liquidised/Moderately Thick are shown below.



LIQUIDISED

MODERATELY THICK



Drips slowly or in
dollops/strands through the
tines/prongs of a fork



IDDSI - FLOW TEST

Level 1

 **1 SLIGHTLY THICK**



IDDSI - FLOW TEST

Level 2



MILDLY THICK

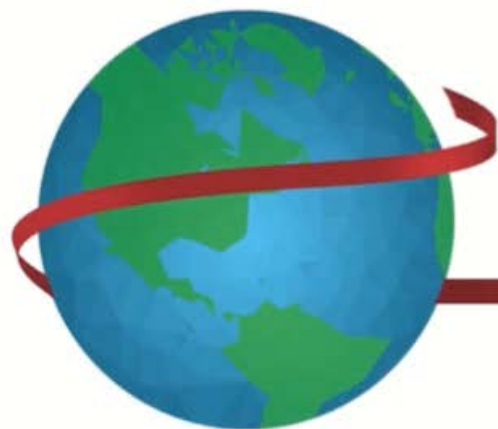




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Intended for

**4 EXTREMELY THICK**

Product or food tested			
If soup, heating method(s)			
Temperature when tested at:	<input type="checkbox"/> optimal serving temperature	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 4 Extremely Thick critical tests include **Appearance + Fork Drip Test + Spoon Tilt Test** OR if these are not available Finger Test. Chopstick test not appropriate.
- The food item must pass or meet criteria for any row marked *.

Tests: Suitable drinks, soups, nutritional supplements, gravies, sauces, liquid medications	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* No lumps	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Drip Test (metal dinner fork needed)			
* Food sits in a mound above the dinner fork (a small amount may form a tail below the dinner fork)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Does not drip or flow continuously through the dinner fork	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Spoon Tilt Test (teaspoon needed)			
* Holds shape on teaspoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides off spoon with little food left on teaspoon (i.e. <u>not</u> sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
May spread or slump slowly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* Hold a sample on fingers without it dripping through continuously	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides smoothly and easily between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Food leaves noticeable residue on fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Preferred but not critical: Fork Pressure Test			
Prongs of fork make clear pattern on surface OR food briefly retains dinner fork indentation marks	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Extremely Thick?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * Extremely Thick liquids need to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency.

- * Please see also <http://iddsi.org/framework/food-testing-methods/>

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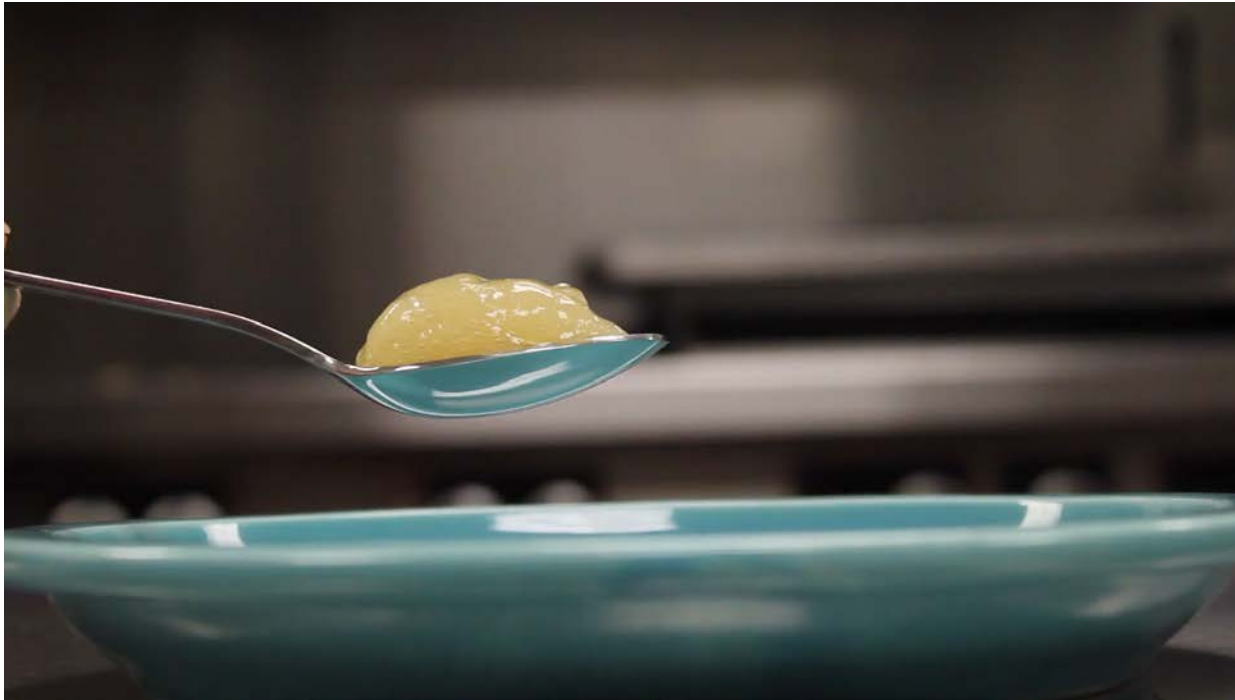




Fork Drip Test

- ✓ Free of Lumps
- ✓ Sits on mound on the fork
- ✓ Does not drip or flow continuously through the fork tines










Spoon Tilt Test

- ✓ Holds shape on spoon
- ✓ Slides off with little effort
- ✓ Not firm or sticky, little food is left on the spoon



		IDDSI TESTING METHODS				
		FLOW TEST	FORK DRIP TEST	SPOON TILT TEST	FORK / SPOON PRESSURE TEST	APPEARANCE
DRINKS / LIQUIDS	 THIN	All 10 mL after 10 seconds	—	—	—	Smooth, No Bits, Lumps, Fibers, Shells, Skin, Husks, Bone or Gristle
	 SLIGHTLY THICK	1-4 mL remains after 10 seconds	—	—	—	Smooth, No Bits, Lumps, Fibers, Shells, Skin, Husks, Bone or Gristle
	 MILDLY THICK	4-8 mL remains after 10 seconds	—	—	—	Smooth, No Bits, Lumps, Fibers, Shells, Skin, Husks, Bone or Gristle
	 MODERATELY THICK	>8 mL remains after 10 seconds	Liquid drips slowly in dollops; Fork doesn't leave pattern; Spreads out onto flat surface	Easily pours from spoon when tilted; Does not stick to spoon	—	Smooth, No Bits, Lumps, Fibers, Shells, Skin, Husks, Bone or Gristle
	 EXTREMELY THICK	—	Mounds on fork; Slight tail; Does not drip	Holds shape; Slides easily (not sticky); May spread slowly	Clear pattern on surface or briefly retains indentation marks	No Lumps

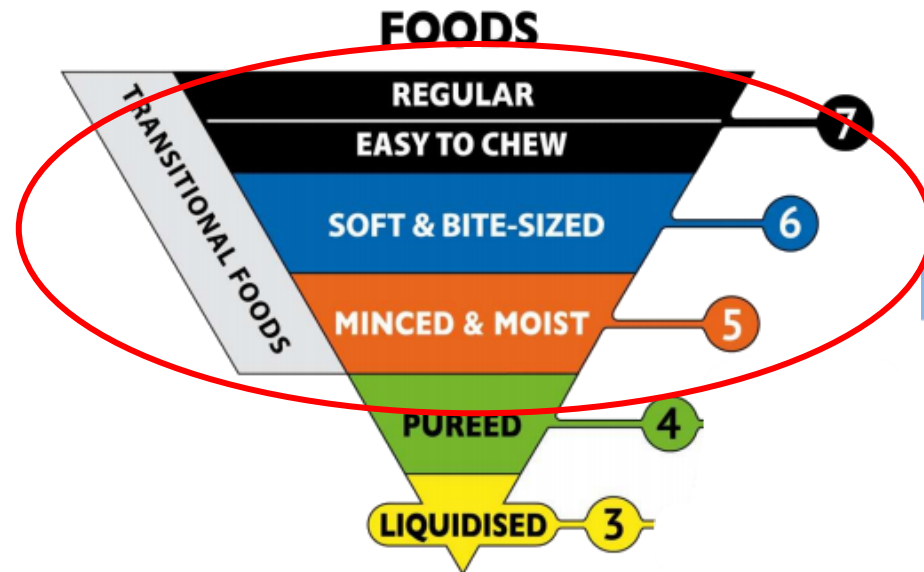
*Tests highlighted are critical tests; those not highlighted are preferred tests but not critical; those that contain — are not applicable

Created by Crandall Corporate Dietitians



Transitional Foods and Mixed Consistency Foods



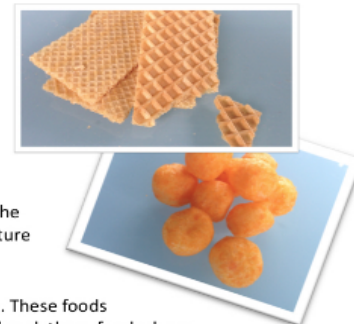


TRANSITIONAL FOODS

Transitional Foods for Adults

What is this food texture level?

- Transitional Foods:
- ✓ Foods that start as one texture but change into another texture when moisture like water or saliva is added or when a change in temperature occurs (for instance, when the food is heated)
 - ✓ Biting is not required
 - ✓ Minimal chewing is required
 - ✓ Tongue pressure can be used to break these foods once the texture has been changed by moisture/saliva or temperature
 - ✓ May be used to teach chewing skills



Why is this food texture level used for adults?

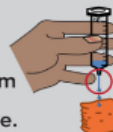
Transitional food may be used to help re-teach chewing skills. These foods require very little chewing. Tongue strength alone is able to break these foods down when they are softened. Transitional foods often do not have much nutrition so they cannot be relied on for a full diet. Your clinician might suggest they be used together with Level 5 Mincéd & Moist, Level 6 Soft & Bite-Sized or Level 7 Regular Foods.

How do I test my food to make sure it is Transitional food?

To test transitional food, use a piece of food 1.5x1.5cm. Add 1 mL of water to the food and wait for one minute for the food to soften, then test using the IDDSI Fork Pressure Test. Serve food pieces in the size recommended by your clinician.

See videos of the IDDSI Fork Pressure Test at
www.IDDSI.org/framework/food-testing-methods/

1. Add 1mL of water to 1.5cm x 1.5cm sample and wait 1 minute.



2. Then complete the IDDSI Fork Pressure Test.

Thumbnail blanches white



IDDSI Fork Pressure Test for Transitional Food

Take a piece 1.5cmx1.5cm, which is about the width of a standard dinner fork. Add 1 mL of water to the sample and wait 1 minute. *To make sure the food is soft enough*, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed, broken apart, and does not regain its shape

Some examples of Transitional foods include: Wafers, shortbread, Figgy Stix™, potato crisps, Cheeto Puffs™, Rice Puffs™, ice chips, cream

Mixed Consistency Foods

Separate textures or can separate into thin liquids or multiple textures

Increased aspiration risk

No mixed consistencies or separate liquid, unless approved by SLP on:

- Level 6 Soft & Bite Sized
- Level 5 Minced & Moist
- Level 4 Puree



FOOD TESTING METHODS



4 PUREED

Level 4 Pureed Food for Adults

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if you are not able to bite or chew food or if your tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at

www.IDDSI.org/framework/food-testing-methods/



Intended for

4 PUREED

Product or food tested			
Heating method(s)			
Temperature when tested at:	<input type="checkbox"/> time of service	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 4 Pureed critical tests include **Appearance + Fork Drip Test + Spoon Tilt Test** OR if these are not available Finger Test. Chopstick test not appropriate.
- The food item must pass or meet criteria for any row marked *.

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* No lumps	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Drip Test (metal dinner fork needed)			
* Food sits in a mound above dinner fork (a small amount may form a tail below the dinner fork)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Does <u>not</u> drip or flow continuously through dinner fork	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Spoon Tilt Test (teaspoon needed)			
* Holds shape on teaspoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides off teaspoon with little food left on teaspoon (i.e. <u>not</u> sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
May spread or slump slowly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* Hold a sample on fingers without it dripping through continuously	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides smoothly and easily between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Food may leave noticeable residue on fingers but is <u>not</u> sticky	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Preferred but not critical: Fork Pressure Test			
Prongs of dinner fork make clear pattern on surface OR food briefly retains fork indentation marks	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Pureed?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * A puree needs to be able to be put in the mouth and swallowed whole. No chewing and no bolus formation skills should be needed to eat this consistency.

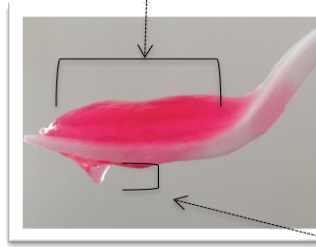
* If you can pick the sample up in your hands and could bite a piece of it (e.g. moulded puree), the sample is not a puree and poses a choking risk.

* Please see also <http://iddsi.org/framework/food-testing-methods/>



Pureed

Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



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

Pureed food must pass both tests!

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Fork Drip Test



Spoon Tilt Test



Fork / Spoon Pressure Test





MINCED & MOIST

EXAMPLES of Level 5 Minced & Moist Food for Adults

- * **Meat** served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fish** served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy
- * **Fruit** served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- * **Vegetables** cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
- * **Cereal** served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together
- * **NO REGULAR DRY BREAD** due to high choking risk!

See <https://www.youtube.com/channel/UC0I9FDiwJR0LSvIGCvlgHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich



5 MINCED & MOIST

Testing intended for

Product or food tested			
Heating method(s)			
Temperature when tested:	<input type="checkbox"/> at time of service	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 5 Minced & Moist critical tests include **Appearance + Fork Pressure Test + Spoon Tilt Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'chewed bolus' – must be equal to or less than 4mm width and no longer than 15mm in length (adults); Equal to or less than 2mm width and no longer than 8mm length (pediatrics).
- The food item must pass or meet criteria for any row marked *.

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* Lumps less than or equal to 4mm (adults); 2mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork Pressure Test (metal dinner fork needed)			
* Food can be easily mashed with little pressure from a dinner fork [pressure should not make thumb nail blanch to white]	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Easily separates and comes through prongs of a dinner fork	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Spoon Tilt Test (teaspoon needed)			
* Holds shape on teaspoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food slides off spoon with little food left on teaspoon (i.e. not sticky)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
May spread or slump slowly on a flat plate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* Small soft smooth rounded particles can be easily squashed between fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist and will leave fingers wet	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Optional: Chopstick Test			
Chopsticks can scoop or hold this texture if food is moist and cohesive	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 5 Minced & Moist?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

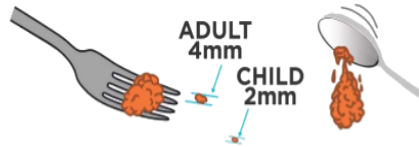
Notes: * Minimal chewing should be needed to eat this food texture (e.g. tongue force should be able to squash/break food).

* Please see also <http://iddsi.org/framework/food-testing-methods/>

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Minced & Moist



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

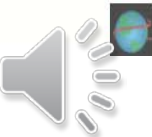
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should *not* be firm or sticky



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EXAMPLES of Level 6 Soft & Bite-Sized Food for Adults

- * **Meat** cooked tender and chopped so pieces are no bigger than 1.5cmx1.5cm lump size. If cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break and serve in pieces no bigger than 1.5cmx1.5cm
- * **Fruit** soft and chopped to pieces no bigger than 1.5cmx1.5cm pieces (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be extra careful if you are eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for instance, fruits like watermelon or other melons)
- * **Vegetables** steamed or boiled with final cooked size no bigger than 1.5cmx1.5cm. (Stir fried vegetables are *too firm* and are *not* suitable)
- * **Cereal** served with pieces no bigger than 1.5cmx1.5cm, with their texture fully softened. Drain excess liquid before serving
- * **NO REGULAR DRY BREAD due to high choking risk!** See <https://www.youtube.com/channel/UCOI9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich, as this is also suitable for use on Soft & Bite-Sized diet
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together



Intended for general information only. Please consult with your health care professional for specific advice for your needs



Testing intended for



SOFT & BITE-SIZED

Product or food tested			
Heating method(s)			
Temperature when tested at:	<input type="checkbox"/> time of service	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 6 Soft & Bite-Sized critical tests include **Appearance + Fork/Spoon Pressure Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'bite of food' – must be equal to or less than 15mm x 15mm (adults); equal to or less than 8mm x 8mm (pediatrics).
- The food item must pass or meet criteria for any row marked *.

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Appearance			
* Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)			
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Optional: Chopstick Test			
Chopsticks can break 15mm x 15mm pieces into smaller pieces	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 6 Soft & Bite-sized?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * Chewing ability is needed for this texture, although biting is not required. Pieces should be 'bite-sized' at time of serving.

* Please see also <http://iddsi.org/framework/food-testing-methods/>





Soft & Bite-Sized



Thumb nail blanched
to white



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

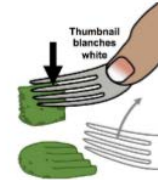
Food pieces no
bigger than 8mm x
8mm lump size for
children



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

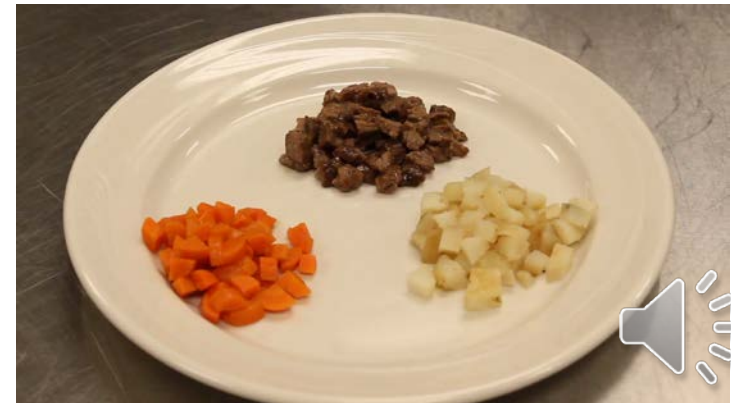


**Soft & Bite-Sized food
must pass both
food piece size and
softness tests!**



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Fork Pressure Test





REGULAR *EASY TO CHEW*

EXAMPLES of Level 7 Regular *Easy to Chew* food for Adults

- * **Meat** cooked until tender. If you cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break apart easily with the side of a fork or spoon
- * **Fruit** are soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be careful when eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for example, fruits like watermelon or other melons)
- * **Vegetables** are steamed or boiled until tender. Stir fried vegetables may be too firm for this level
- * **Cereal** is served with texture softened. Drain excess liquid before serving
- * **Check with your clinician for direction about bread and sandwiches (and appropriate sandwich fillings)**
- * **Rice** does not have any special cooking requirements at this level



Testing intended for



Product or food tested			
Heating method(s)			
Temperature when tested at:	<input type="checkbox"/> time of service	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

Instructions:

- Level 7 Easy to Chew **critical** tests include **Fork/Spoon Pressure Test** OR if these are not available Finger Test.
- The food item must pass or meet criteria for any row marked *.
- Meets criteria* means answers 'Yes' to all critical tests.

Tests	Meets criteria at		
	Time of service	15 mins after serving	30 mins after serving
Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)			
* Must be able to break food apart easily with just the side of a fork or spoon	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food breaks apart, can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternative if Fork or Spoon not available: Finger Test			
* Must be able to break food apart easily with fingers	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Optional: Chopstick Test			
Chopsticks can easily break Easy to Chew food into smaller pieces	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
OVERALL CONCLUSION: Does the sample meet the criteria for Level 7 Easy to Chew?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Notes: * Some biting ability may be required for this texture. Chewing ability is needed for this texture.

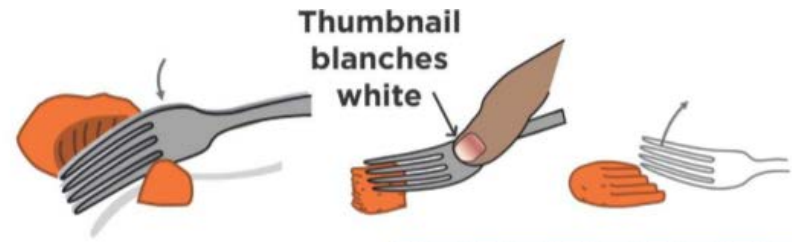
* Please see also <http://iddsi.org/framework/food-testing-methods/>

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Easy to Chew



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 thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape



		IDDSI TESTING METHODS				
		FLOW TEST	FORK DRIP TEST	SPOON TILT TEST	FORK / SPOON PRESSURE TEST	APPEARANCE
FOODS	3 LIQUIDISED	>8 mL remains after 10 seconds	Liquid drips slowly in dollops; Fork doesn't leave pattern; Spreads out onto flat surface	Easily pours from spoon when tilted; Does not stick to spoon	—	Smooth, No Bits, Lumps, Fibers, Shells, Skin, Husks, Bone or Gristle
	4 PUREED	—	Mounds on fork; Slight tail; Does not drip	Holds shape; Slides easily (not sticky); May spread slowly	Clear pattern on surface or briefly retains indentation marks	No Lumps
	5 MINCED & MOIST	—	Sits in pile or mound on fork; Does not easily fall through tine of fork	Holds shape; Slides off spoon with little food left on spoon; May spread slowly	Easily mashed, little pressure (thumb nail shouldn't turn white); Separates between & through tines of fork	Small lumps; Particle size for adults $\leq 1/8$ inch width X $\leq 1/2$ inch length; No separate thin liquid
	6 SOFT & BITE-SIZED	—	—	—	Mashed without returning to original shape; Thumb nail turns white when pushing down; Can be separated into smaller pieces with pressure from fork/spoon.	Pieces for adults $\leq 1/2$ inch x $\leq 1/2$ inch; No separate thin liquid
	7 EASY TO CHEW	—	—	—	Mashed without returning to original shape; Thumb nail turns white when pushing down; Can be separated into smaller pieces with pressure from fork/spoon.	No particle size restrictions; Soft / tender textures
	7 REGULAR	No Testing Methods Needed; No Restrictions				

*Tests highlighted are critical tests; those not highlighted are preferred tests but not critical; those that contain ----- are not applicable

Created by Crandall Corporate Dietitians





**Download the complete IDDSI Framework
Detailed Definitions at:**

http://ftp.iddsi.org/Documents/Complete_IDDSI_Framework_Final_31July2019.pdf

