

## Diet Mapping from National Dysphagia Diet (NDD)

Health Technologies will offer updated diet terminology for dysphagia following the IDDSI guidelines.

Current NDD		IDDSI
Regular	→	Regular 
Dysphagia Advanced	→	Regular – Easy to Chew 
Dysphagia Mechanically Altered	→	Minced & Moist 
Dysphagia Pureed	→	Pureed 
Spoon/Pudding Thick	→	Extremely Thick 
Honey Thick	→	Moderately Thick 
Nectar Thick	→	Mildly Thick 
Thin	→	Thin 

## Updated Recipes

Health Technologies recipes for Soft & Bite Sized (6), Minced & Moist (5), and Pureed (4) will include designations regarding the IDDSI level as well as testing criteria.



### Egg Salad Sandwich on Bread (MM5)

Portion Size: #10 dip/2 sl

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Ingredients	1 Servings	5 Servings	10 Servings
Seasoning, Garden Blend Salt Free	1 /8 tsp	1 /8 tsp	2 /8 tsp
Salad Dressing, Mayo Type	1 Tbsp	5 Tbsp 2 tsp	2/3 cup
Eggs, Large, Fresh Shell	2 each	10 each	20 each
Bread, White Sliced	2 slices	10 slices	20 slices

**Pan Size:** \_\_\_\_\_ **Oven Temperature:** \_\_\_\_\_

**Description:** M&M

**Variations:** May serve sandwich on any appropriate type of MINCED bread, biscuit, soft roll, bun, etc.

**CCP Thawing:** \_\_\_\_\_

**Recipe Number:** 115986

**Allergies:** Dairy, Egg, Gluten, Milk, Soy, Wheat

**IDDSI:** MM5 - Perform appropriate IDDSI testing to ensure texture standards are met.

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CCP--Wash & sanitize hands & prep area. Wear gloves & discard per Facility HACCP guidelines.  
 CCP--Thoroughly wash, rinse, drain & trim vegetables. Sanitize sink & use sanitized cutting board to prep vegetables.

- Place eggs in a pot and cover with water. Bring to a boil, cover pot, turn off heat, and let sit for 15 minutes. Remove cooked eggs from pot and cool before peeling. Rinse under water to remove all of the shell. Chop eggs.
- Place eggs in a washed and sanitized food processor. Pulse/Grind to a fine/minced texture. Mix with ~~mayonnaise to moisten~~. Test ground meat mixture according to the IDDSI M&M Testing Guidelines. \*(See Minced & Moist Testing Guidelines).  
 CCP: Maintain 41°F or below.
- For bread: Grind 2 slices of bread 4-6 seconds. Place prepared bread crumbs in a bowl and spray with vegetable pan spray until a more cohesive texture is achieved. Divide the prepared bread crumbs placing half of the crumbs as the first layer. Top with the minced and moist meat filling and then top with the other half of the prepared bread crumbs.  
 Discard leftovers.

## Updated MealCards

Health Technologies MealCards reflect the IDDSI color, number, symbol designation for liquids. Additional designations for IDDSI food textures coming soon.

<p>Breakfast-Day 7</p> <p>Dean, James (Jimmy) (108-1)</p> <p>Diet: Regular Diet Txtr: Pureed</p> <p>Adap Equip: Red Plate;</p> <div style="border: 1px solid red; padding: 2px;"> <p>Thk Liquid: Mildly Thick (2)/Nectar-Like; ▲</p> </div> <p><b>Allergies:</b> Peanut;</p> <p><b>Dislikes/Intolerances:</b> Banana;</p> <p style="text-align: center;"><u>Menu:</u></p> <div style="border: 1px solid red; padding: 2px;"> <p>Mildly Thk-2-Nec - Assorted Juice</p> </div> <p>Hot Cereal or Pureed Cold Cereal              Pureed Scrambled Egg              Pureed Sausage Patty              Pureed Toast              Margarine/Jelly</p> <div style="border: 1px solid red; padding: 2px;"> <p>Mildly Thk-2-Nec - Milk/Beverage</p> </div> <p><b>Notes:</b> Gravy on the side</p> <p><b>Deliver To:</b></p> <p>Area: Garden Dining      Table: Seat: Wing: North      Room #: 108      Bed: 1</p>	<p>Lunch-Day 7</p> <p>Dean, James (Jimmy) (108-1)</p> <p>Diet: Regular Diet Txtr: Pureed</p> <p>Adap Equip: Red Plate;</p> <p>Thk Liquid: Mildly Thick (2)/Nectar-Like; ▲</p> <p><b>Allergies:</b> Peanut;</p> <p><b>Beverages:</b> Fruit Drink, Diet-8 fl oz; <b>Dislikes/Intolerances:</b> Banana, Pork;</p> <p style="text-align: center;"><u>Menu:</u></p> <p>Pureed Chicken Parmesan              Pureed Buttered Pasta              Pureed Broccoli              Pureed Fruited Pudding              Pureed Garlic Bread  <b>Mildly Thk-2-Nec - Beverage</b></p> <p><b>Notes:</b> Gravy on the side</p> <p><b>Deliver To:</b></p> <p>Area: Garden Dining      Table: Seat: Wing: North      Room #: 108      Bed: 1</p>	<p>Supper-Day 7</p> <p>Dean, James (Jimmy) (108-1)</p> <p>Diet: Regular Diet Txtr: Pureed</p> <p>Adap Equip: Red Plate;</p> <p>Thk Liquid: Mildly Thick (2)/Nectar-Like; ▲</p> <p><b>Allergies:</b> Peanut;</p> <p><b>Dislikes/Intolerances:</b> Banana, Pork;</p> <p style="text-align: center;"><u>Menu:</u></p> <p>Pureed Philly Cheesesteak on Bun              Mashed Potatoes with Gravy (d/s; dys)              Pureed Vegetable Medley              Pureed Frosted Cake  <b>Mildly Thk-2-Nec - Milk/Beverage</b></p> <p><b>Notes:</b> Gravy on the side</p> <p><b>Deliver To:</b></p> <p>Area: Garden Dining      Table: Seat: Wing: North      Room #: 108      Bed: 1</p>
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## Explanation of Diets

*Note: As of Fall 2019, HTI will be incorporating the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines into the Dining Manager menu program.*

### *Regular*

The Regular Diet provides an average of approximately 2500 to 2900 calories per day, 100 grams of protein, 320 grams of carbohydrate, 110 grams of fat and an average of 4090 mg of sodium (ranges 3.0-5.0 grams) and does not have texture modifications. This diet should be served when a Regular Diet is ordered by the physician. This diet is fairly consistent in portions and therefore used for most diabetic residents as discussed in the Position Paper of the Academy of Nutrition & Dietetics on liberalized diets in long term care. If the terminology such as General Diet or House Diet appears in the diet order, the Regular Diet should be served.

IDDSI Terminology:  Regular – Level 7 (RG7)

# Explanation of Diets

*Note: As of Fall 2019, HTI will be incorporating the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines into the Dining Manager menu program.*

## *Dental Soft (Mechanical Soft)*

This consistency modified diet is for individuals with limited or difficulty in chewing regular textured foods. This diet may also be used by a Speech Language Pathologist (SLP) in the treatment of dysphagia and needs to be individualized for specific food tolerances and modified, as needed, per recommendations from the SLP. As with any diet modification, this diet should be individualized to meet the resident's needs and chewing abilities. Generally, the diet consists of food of nearly regular textures but eliminates very hard, sticky, crunchy or hard to chew foods. Foods should be moist and fork tender. Meat is ground or chopped into "bite-size" pieces (1/2 inch or smaller) and should be held with a minimal amount of prepared broth, gravy, or other type of moistening agent (NO WATER) to keep the product moist. Hot ground meats should be topped with gravy or sauce at the point of service. The skin from chicken should be removed before grinding chicken. Hard cooked eggs are sliced or diced and not served whole. Casseroles should contain bite-size chunks of meat, ground or tender meats. Vegetables are cooked soft, moist and fork tender with no large chunks or pieces. No raw vegetables are planned except finely shredded lettuce and diced tomatoes. Dry, hard crusty breads are excluded. Soft, peeled fresh fruits that are sliced or cut into "bite-size" pieces are included. Hard crisp fried potatoes and potato skins are excluded. The diet may be modified further by the SLP as needed in the treatment of dysphagia. Those residents that exhibit swallowing difficulties should be referred to a speech language pathologist for appropriate evaluation and diet consistency.

### ***Test Weighing a Sample of Hot Ground Meats Prior to Serving***

A suggested scoop size is on each recipe to provide the equal amount of edible protein as the regular portion (before the meat was ground). However, ground meats will often vary in their amount of moisture, density and size depending upon the type of meat being ground; how it was cooked (which affects moisture content) and the equipment used. It is recommended that one or two samples of ground meat are weighed to verify the correct scoop size as compared to what is called for on the recipe and/or spreadsheet. Remember that the ground meat should weigh the same as the prepared item being served on a Regular Diet. Typically, the menu provides one ounce of protein at breakfast, three ounces at lunch and two ounces at supper (dinner) for a total of six ounces of protein per day.

IDDSI Terminology:  Regular Easy to Chew – Level 7 (EC7)

**This level is not intended for people where there is an identified increase in risk of choking. People who are unsafe to eat without supervision are not considered suitable for this texture level.**

# Explanation of Diets

Note: As of Fall 2019, HTI will be incorporating the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines into the Dining Manager menu program.

## Dysphagia

As of Fall 2019, HTI will be incorporating the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines into the Dining Manager menu program.

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### **Pureed - Level 4 (PU4)**

The IDDSI Pureed level 4 (formerly known as Dysphagia Pureed) is designed for individuals who have moderate to severe dysphagia with poor oral phase abilities and decreased ability to protect their airway. The diet follows the Regular Diet planned with foods pureed which are of a smooth, homogenous and cohesive consistency. All foods to be served may be audited with standardized testing procedures including Fork Drip Test and Spoon Tilt Test. Audit forms can be found in the IDDSI resource section of this manual.

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### **Minced & Moist – Level 5 (MM5)**

The IDDSI Minced & Moist level 5 (formerly known as Dysphagia Mechanically Altered) is designed for individuals with mild to moderate oral and/or pharyngeal dysphagia. This diet is a transition from the pureed textures allowed on the Pureed (Level 4) to more solid textures. The diet follows the Regular Diet planned and consists of foods that are moist, soft-textured, equal to or less than 4mm wide and easily formed into a bolus. All foods from the Pureed (Level 4) are acceptable for this diet and, at times, the menu will call for a pureed item to keep within the guidelines of Foods Allowed and Foods Not Allowed. All foods to be served may be audited with standardized testing procedures including Fork Pressure Test and Spoon Tilt Test. Audit forms can be found in the IDDSI resource section of this manual.

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### **Soft & Bite Sized – Level 6 (SB6)**

The IDDSI Soft & Bite Sized level 6 (formerly known as Dysphagia Advanced) is designed for individuals with mild oral and/or pharyngeal phase dysphagia. This diet follows the Regular Diet planned and consists of nearly regular textures with the exception of very hard, sticky, or crunchy foods. Foods need to be moist and should be in “bite-size” pieces at the oral phase of the swallow. All food pieces are to be less than or equal to 15mm x 15mm in size. All foods to be served may be audited with standardized testing procedures including Fork/Spoon Pressure Test. Audit forms can be found in the IDDSI resource section of this manual.

## Explanation of Diets

*Note: As of Fall 2019, HTI will be incorporating the International Dysphagia Diet Standardization Initiative (IDDSI) guidelines into the Dining Manager menu program.*

### Thickened Liquids - Dysphagia

Thickened Liquids are often needed for individuals with difficulty swallowing. The individual is evaluated by a Speech Language Pathologist (SLP) and, after evaluation, the SLP orders the appropriate diet consistency and liquid consistency as needed. In most instances, Thickened Liquids are ordered as a part of the consistency diet order for oral intake and not intended as sole source of nutritional needs. Thickened Liquids, in addition to the oral intake of solid foods, can contribute to the overall nutritional intake of an individual.

Beginning in 2019, Health Technologies will use updated diet terminology to incorporate the International Dysphagia Diet Standardization Initiative (IDDSI) for liquids, for example:

Current Terminology	Updated HTI Diet Terminology	IDDSI Color Symbol
Pudding-Like	Extremely Thick (4)/Pudding-Like	
Honey-Like	Moderately Thick (3)/Honey-Like	
Nectar-Like	Mildly Thick (2)/Nectar-Like	
Regular	Thin (0)/Regular	

Thickened Liquids may be purchased already mixed or made by adding commercial thickeners. Manufacturers of major thickening products have endorsed the IDDSI Framework and have begun reformulations and product packaging updates to meet the new guidelines.

Food items that become a thin liquid at room temperature (70 °F) or body temperature (98.7 °F) include frozen malts, frozen yogurt, milkshakes, nutritional supplements, eggnog, ice cream, sherbet and regular or sugar-free gelatin. These items are considered to be Thin Liquids. To be allowed under a Thickened Liquid consistency they must be thickened to the ordered consistency.

All liquids to be served may be audited with standardized testing procedures including IDDSI Flow Test and Fork Drip Test for Moderately Thick Level 3. Audit forms can be found in the IDDSI resource section of this manual.

For additional information, please refer to the IDDSI Framework and Testing Methods found at <https://iddsi.org/framework/drink-testing-methods>

### FOODS

#### TESTING INFO

7		<b>LEVEL 7 - REGULAR <span>RG7</span></b> No specific testing information.	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
		<b>LEVEL 7 - EASY TO CHEW <span>EC7</span></b>	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
6		<b>LEVEL 6 - SOFT &amp; BITE-SIZED <span>SB6</span></b> Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.	Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.
		<b>LEVEL 5 - MINCED &amp; MOIST <span>MM5</span></b> 4mm lump size for adults and 2mm lump size for babies and children. Holds its 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.
4		<b>LEVEL 4 - PUREED <span>PU4</span></b> 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.
		<b>LEVEL 3 - LIQUIDISED <span>LQ3</span></b> No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops 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.

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

#### TRANSITIONAL FOODS 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.

Thumbnail blanches white

#### FLOW TEST INSTRUCTIONS

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & start timer
4. Stop at 10 seconds

#### TESTING INFO

4		<b>LEVEL 4 - EXTREMELY THICK <span>EX4</span></b> 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.	2	<b>LEVEL 2 - MILDLY THICK <span>MT2</span></b> 4-8mL remaining in the syringe after 10 sec of flow.
	3				<b>LEVEL 3 - MODERATELY THICK <span>MO3</span></b> No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.
0			<b>LEVEL 0 - THIN <span>TN0</span></b> Less than 1 mL remaining in the syringe after 10 sec of flow.	0	<b>LEVEL 0 - THIN <span>TN0</span></b> Less than 1 mL remaining in the syringe after 10 sec of flow.

#### FOOD TEST INSTRUCTIONS

4	<b>PUREED</b>	
4	<b>EXTREMELY THICK</b>	
5	<b>MINCED &amp; MOIST</b>	
6	<b>SOFT &amp; BITE-SIZED</b>	
7	<b>EASY TO CHEW</b>	

### DRINKS / LIQUIDS

## 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
<b>Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)</b>			
* 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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
<b>Optional: Chopstick Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 7 Easy to Chew?</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>

**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/>

Testing intended for

# 6 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 x15mm (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
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)</b>			
* 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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
<b>Optional: Chopstick Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 6 Soft &amp; Bite-sized?</b>	<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/>

# 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
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork Pressure Test (metal dinner fork needed)</b>			
* Food can be easily mashed with little pressure from a dinner fork [pressure should <b>not</b> 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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
<b>Optional: Chopstick Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 5 Minced &amp; Moist?</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>

**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/>

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 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
<b>Critical: Appearance</b>			
* 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
<b>Critical: Fork Drip Test (metal dinner fork needed)</b>			
* 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
<b>Critical: Spoon Tilt Test (teaspoon needed)</b>			
* 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. <b>not</b> 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
<b>Alternative if Fork or Spoon not available: Finger Test</b>			
* 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 <b>not</b> 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
<b>Preferred but not critical: Fork Pressure Test</b>			
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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for Level 4 Pureed?</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>

- 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/>

# Intended for Liquids



THIN



SLIGHTLY THICK

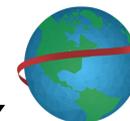


MILDLY THICK



MODERATELY THICK

**3 LIQUIDISED**



**IDDSI**

International Dysphagia Diet  
Standardisation Initiative

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
<b>Critical: Appearance</b>				
* 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
<b>Critical: IDDSI Flow Test (10mL Syringe measuring 61.5mm from 0-10mL lines needed)</b>				
* 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
<b>Critical: Fork Drip Test – Only for Level 3 - Moderately Thick/Liquidised</b>				
* 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
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>				
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