



All About Foods and Drinks

IDDSI has created classifications for both food and drinks. In the IDDSI chart, foods and drinks are displayed in side-by-side pyramids.

Spend some time to look at the chart. Food texture levels are listed in the left pyramid and drinks are listed in the pyramid to the right.

This side-by-side diagram illustrates how sometimes foods may overlap with drinks and visa versa. Think about the texture and consistency of a milkshake, IDDSI give us the appropriate tools to classify foods and drinks that may be both a food and a drink. We'll learn more about testing later in this toolkit.







If your community was previously using terminology from the National Dysphagia Diet (NDD), here are the ways the new IDDSI terms are to be interpreted:

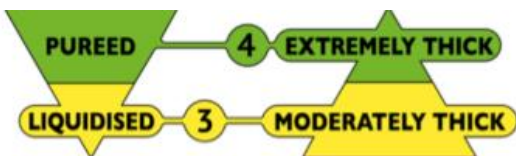
Mapping to IDDSI – Drinks

Current NDD Drink Thickness		IDDSI
Thin	→	Thin 
Nectar Thick	→	Mildly Thick 
Honey Thick	→	Moderately Thick 
Spoon/Pudding Thick	→	Extremely Thick 

Mapping to IDDSI – Foods

Current NDD Food Textures		IDDSI
Regular	→	Regular  Regular – Easy to Chew
Dysphagia Advanced	→	Soft & Bite-Sized 
Dysphagia Mechanically Altered	→	Minced & Moist 
Dysphagia Pureed	→	Pureed 

Did you notice that levels 4 and 3 can cross between both food and liquid?



Level 4 Pureed or Extremely Thick, foods should be smooth with no lumps and can be eaten with a spoon.

Level 3 Liquidized or Moderately Thick, foods/drinks can be eaten with a spoon or drunk from a cup. Check to see if the item is compliant with the fork drip test.

You may want to visit the [IDDSI website](https://www.iddsi.com/) for more information.