

Colors, Numbers, and Symbols

IDDSI is organized by using a combination of colors, numbers, and symbols. These easy to recognize traits help us to ensure the correct designation is being used. According to IDDSI standards, it is a best practice to always **use at least two** of the designations.

Here are some examples using wording and numbering:






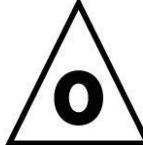

- Regular (7)
- Soft & Bite-Sized (6)
- Mildly Thick (2)

Here are some examples using symbols with colors:



Fun Fact! Did you know the IDDSI chart uses colors visible on the color-blind spectrum?

Did you notice the shape of the pyramid? IDDSI symbols for food are in a downward pointing pyramid while symbols for drinks are in an upright pyramid.

Food Symbols:	Drink Symbols:
 7	 3
Regular Regular – Easy to Chew	Moderately Thick
 6	 2
Soft & Bite-Sized	Mildly Thick
 5	 0
Minced & Moist	Thin
 4	
Pureed	

IDDSI is designed to give each individual a designation for both Foods and Drinks. For example, a resident on a Pureed Diet with Mildly Thick liquids (formerly Nectar) would receive this diet order:

Pureed (4) with Mildly Thick (2) liquids



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