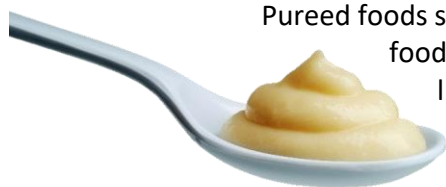




Overview of Pureed Foods (Level 4)

Level 4 of IDDSI is for Pureed texture foods. In Level 4, Pureed foods can overlap to Extremely Thick drinks. Foods in both of these categories share the same testing methods and requirements.



Pureed foods should be smooth in texture, no lumps and not sticky. Watch food items such as blended fruits and vegetables to prevent any liquid separation.

Pureed foods can be piped, layered, or molded. All pureed foods can be eaten with a spoon or even a fork. A Pureed food or Extremely Thick drink cannot be drunk from a cup or a straw. Remember, Pureed food and Extremely Thick drinks do not require any biting or chewing.

Pureed foods should be tested – the sample may be too thick if it does not fall off the spoon or sticks to the spoon when tilted.



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