



### Moderately Thick (Level 3)

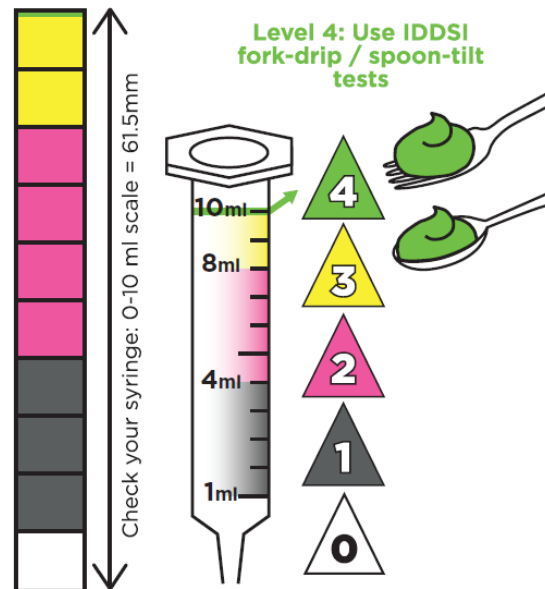
Moderately Thick (3) was previously referred to as Honey Thick. These liquids can be drunk from a cup or taken with a spoon. Liquids should have a smooth texture with no lumps, fibers, or seeds. When performing the IDDSI Flow Test, there should be between 8-10mL remaining after the 10 second flow test.

### Mildly Thick (Level 2)

Mildly Thick (2) was previously referred to as Nectar Thick. Mildly thick liquids are sippable and pour quickly from a spoon. When performing the IDDSI Flow Test, there should be between 4-8mL remaining after the 10 second flow test.





### Thin (Level 0)

Thin liquids are those that run like water at room temperature. When performing the IDDSI Flow Test, there should be less than 1mL remaining after the 10 second flow test.

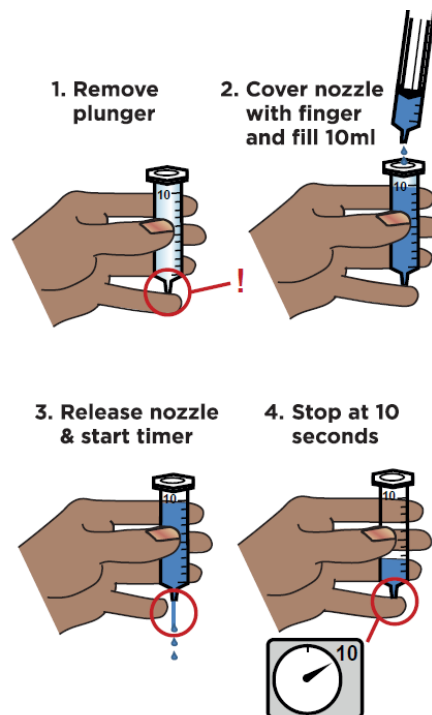


## New Terminology

If your community had previously utilized the National Dysphagia Diet (NDD), the chart below outlines how previous terminology can be interpreted in IDDSI terms.

Mapping to IDDSI – Drinks	
Current NDD Drink Thickness	IDDSI
Thin	Thin 
Nectar Thick	Mildly Thick 
Honey Thick	Moderately Thick 
Spoon/Pudding Thick	Extremely Thick 

## Performing the Flow Test



[Watch the video!](#)

You may want to visit the [IDDSI website](#) for more information.