

IDDSI levels chart

LEVEL	NAME	USED FOR	OLDER US NAME	HOW TO CHECK IT
0	<u>Thin</u>	Drinks	—	Syringe flow test: 1 mL or less left after 10 seconds
1	<u>Slightly Thick</u>	Drinks	—	Syringe flow test: 1 to 4 mL left
2	<u>Mildly Thick</u>	Drinks	Nectar thick	Syringe flow test: 4 to 8 mL left
3	<u>Moderately Thick / Liquidised</u>	Drinks + Foods	Honey thick	Syringe flow test: more than 8 mL left, some flows. Drips through a fork
4	<u>Extremely Thick / Pureed</u>	Drinks + Foods	—	Fork drip test and spoon tilt test. Holds its shape, no lumps
5	<u>Minced & Moist</u>	Foods	—	Fork pressure test. Soft lumps about 4 mm, no liquid leaking
6	<u>Soft & Bite-Sized</u>	Foods	—	Fork pressure test. Pieces no bigger than 1.5 cm for adults
7	<u>Easy to Chew / Regular</u>	Foods	—	Easy to Chew: breaks apart with the side of a fork or spoon

Drinks use Levels 0 to 4 and foods use Levels 3 to 7, so Levels 3 and 4 have a drink name and a food name. Level 7 has two forms, Easy to Chew and Regular. Products vary by batch, so test what you serve. Your speech-language pathologist prescribes the level; this chart explains it.

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