

FOODS

TESTING INFO

7



LEVEL 7 - REGULAR **RG7**

No specific testing information.

Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.

EC 7



LEVEL 7 - EASY TO CHEW **EC7**

No specific testing information.

Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

6



LEVEL 6 - SOFT & BITE-SIZED **SB6**

Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8 mm x 8 mm for babies & children.

Push down on piece with fork - sample should squash completely and not regain its shape.

Soft + Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.

5



LEVEL 5 - MINCED & MOIST **MM5**

4mm lump size for adults and 2mm lump size for babies and children.

Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

Very soft, small moist lumps, minimal chewing ability needed.

4



LEVEL 4 - PUREED **PU4**

Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork.

Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.

Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.

3



LEVEL 3 - LIQUIDISED **LQ3**

No less than 8 mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.

Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

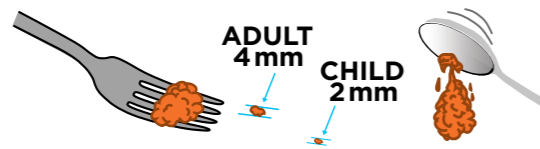
FOOD TEST INSTRUCTIONS

4 PUREED

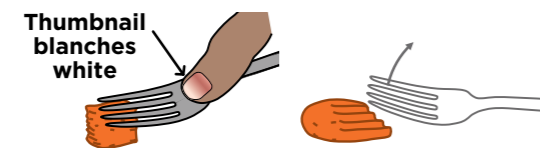


4 EXTREMELY THICK

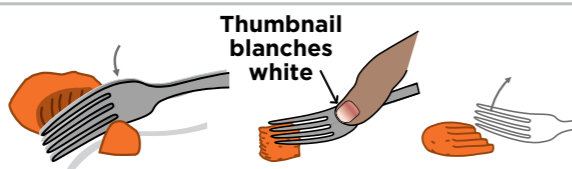
5 MINCED & MOIST



6 SOFT & BITE-SIZED



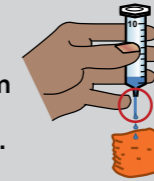
EC 7 EASY TO CHEW



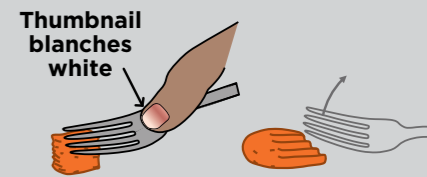
Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

TRANSITIONAL FOODS TEST INSTRUCTIONS

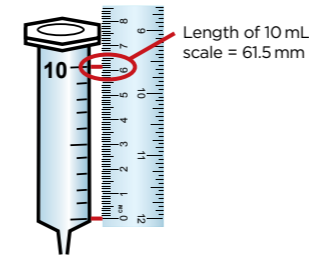
1. Add 1mL of water to 1.5 cm x 1.5 cm sample and wait 1 minute.



2. Then complete the IDDSI Fork Pressure Test.



FLOW TEST INSTRUCTIONS



1. Place finger here

Remove plunger

2. Cover nozzle with finger and fill 10 mL

3. Release nozzle and start timer

4. Stop at 10 seconds



TESTING INFO

LEVEL 4 - EXTREMELY THICK **EX4**

Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.



LEVEL 3 - MODERATELY THICK **MO3**

No less than 8 mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.



LEVEL 2 - MILDLY THICK **MT2**

4-8 mL remaining in the syringe after 10 sec of flow.



LEVEL 1 - SLIGHTLY THICK **ST1**

1-4 mL remaining in the syringe after 10 sec of flow.



LEVEL 0 - THIN **TN0**

Less than 1 mL remaining in the syringe after 10 sec of flow.



'Sippable' from a cup but effort needed to drink this through a standard straw/teat/nipple.

Thicker than water. Can flow through a standard straw/teat/nipple.

Flows like water. Flows easily through any straw/teat/nipple.

DRINKS / LIQUIDS