

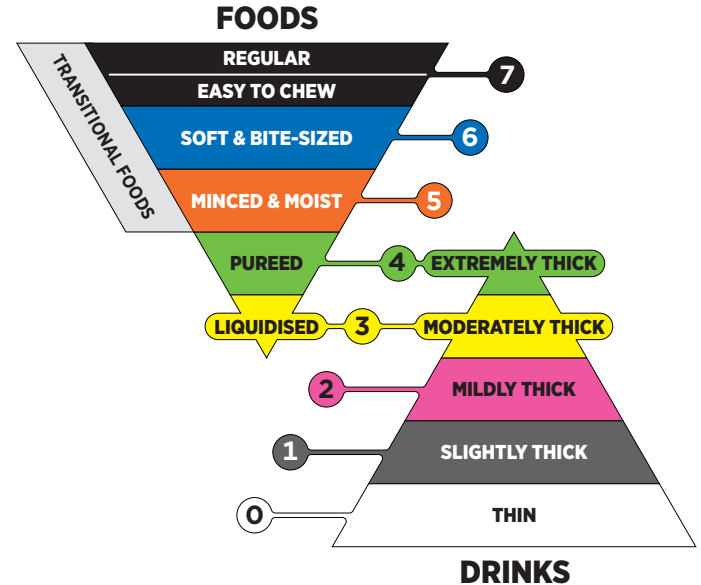


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# Testing Reference Card

TNO	0 Thin
ST1	1 Slightly Thick
MT2	2 Mildly Thick
MO3	3 Moderately Thick
LO3	3 Liquidised
EX4	4 Extremely Thick
PU4	4 Pureed
MMS	5 Minced & Moist
SB6	6 Soft & Bite-Sized
EC7	7 Easy To Chew
RG7	7 Regular

IDDSI ABBREVIATIONS



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Particle size

Adult - 4mm  
**ADULT**

Child - 2mm  
**CHILD**

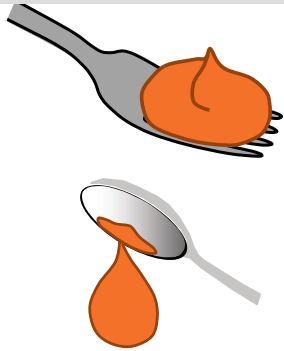
Bite size

15 mm  
**ADULT**

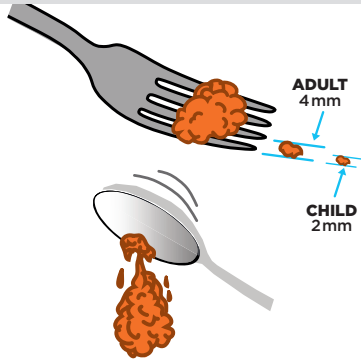
8 mm  
**CHILD**

## Food Test

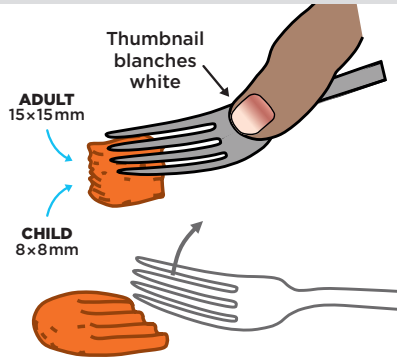
**4** PUREED



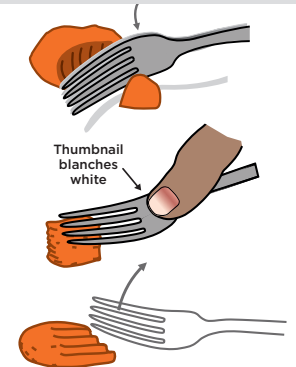
**5** MINCED & MOIST



**6** SOFT & BITE SIZED



**EC 7** EASY TO CHEW

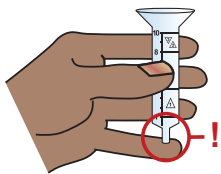


## Flow Test

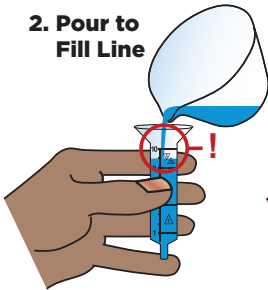
IDDSI level depends on liquid remaining after 10 seconds flow.

Level 4: Use IDDSI fork-drip + spoon-tilt tests  
Level 3: Use IDDSI flow + fork-drip tests

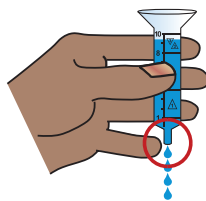
1. Cover nozzle with finger



2. Pour to Fill Line



3. Remove finger from nozzle as you start the stopwatch



4. Stop at 10 seconds

