

TNO	0 Thin
ST1	1 Slightly Thick
MT2	2 Mildly Thick
MO3	3 Moderately Thick
LQ3	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

For more information:  
Web: [www.iddsi.org](http://www.iddsi.org)



Compliments of: Provided by:

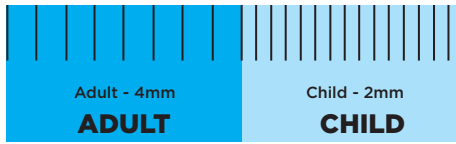


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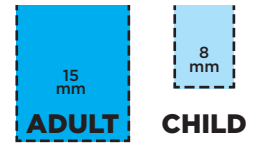
# Testing Reference Card



Particle size

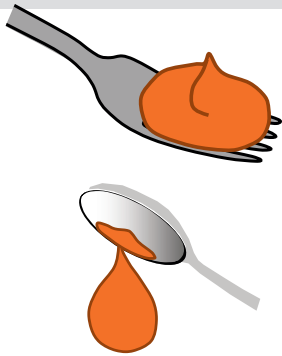


Bite size

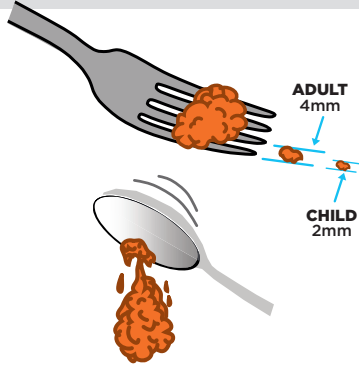


## Food Test

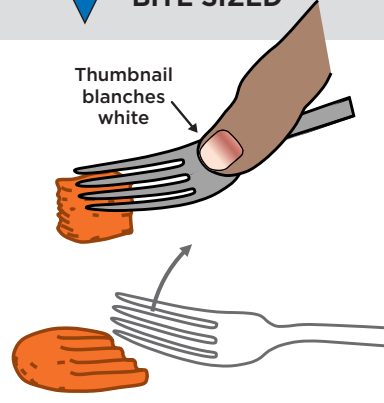
**4** PUREED



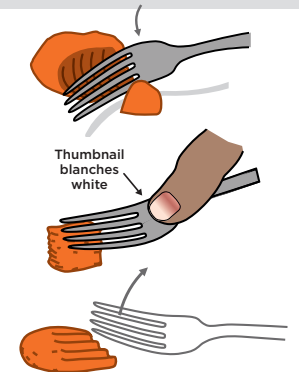
**5** MINCED & MOIST



**6** SOFT & BITE SIZED



**EC 7** EASY TO CHEW

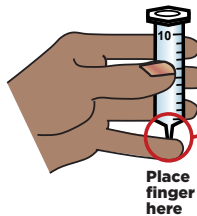


## Flow Test

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

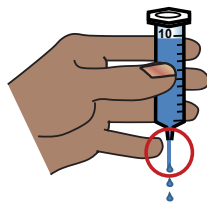
1. Remove plunger



2. Cover nozzle with finger and fill 10ml



3. Release nozzle & start timer



4. Stop at 10 seconds

