

## FOODS

### TESTING INFO

**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.

**LEVEL 7 - EASY TO CHEW EC7**  
Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.

**LEVEL 6 - SOFT & BITE-SIZED SB6**  
Pieces no bigger than 1.5 x 1.5cm in size for adults and 8mm x 8mm 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.

**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.

**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.

**LEVEL 3 - LIQUIDISED LQ3**  
No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops 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**

**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 1.5cm x 1.5cm sample and wait 1 minute.
2. Then complete the IDDSI Fork Pressure Test.

### FLOW TEST INSTRUCTIONS

Length of 10ml scale = 61.5 mm

1. Remove Plunger
2. Cover nozzle with finger and fill 10ml
3. Release nozzle & 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 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops through the prongs of a fork.

**LEVEL 2 - MILDLY THICK MT2**  
4-8mL remaining in the syringe after 10 sec of flow.

**LEVEL 1 - SLIGHTLY THICK ST1**  
1-4mL remaining in the syringe after 10 sec of flow.

**LEVEL 0 - THIN TN0**  
Less than 1mL remaining in the syringe after 10 sec of flow.

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

Thicker than water. Can flow through a standard straw.

Flows like water. Flows easily through any straw.

## DRINKS / LIQUIDS