

Checklists for Food & Fluid Textures IDDSI Levels 4-6* & Level 7 Regular *Easy to Chew*



Please also see **Summary of Food Texture Restrictions*

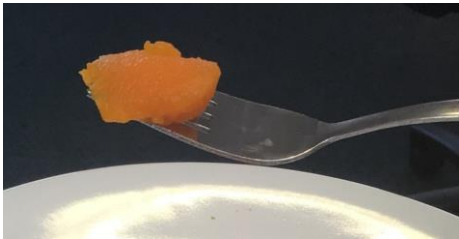


PUREED



EXTREMELY THICK

Please also see **Summary of Food Texture Restrictions*



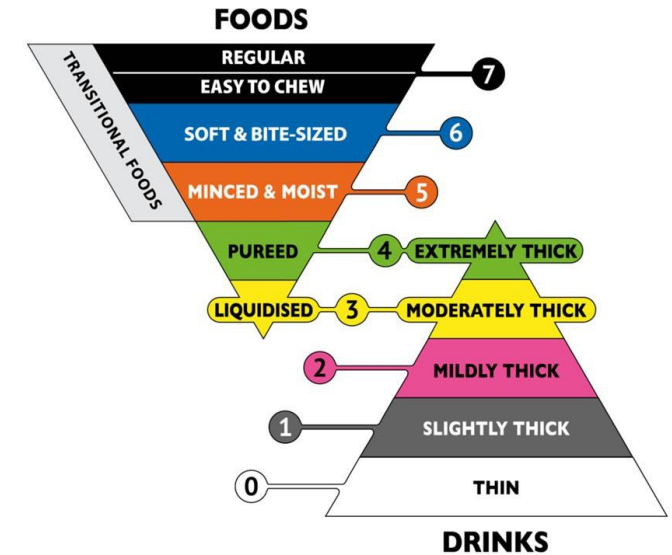
Food at this level must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• No lumps		
Fork Tests		
• Food sits in a mound above the fork (a small amount may form a tail below the fork)		
• Does not drip or flow continuously through the prongs of a fork		
• Fork can make a clear pattern on the surface		
Spoon Tests		
• Holds shape on a teaspoon		
• Tilt spoon to the side—food should slide off easily with very little left on the spoon		
Does the food pass all the tests for Level 4 Pureed?		

5

MINCED & MOIST

*Please also see *Summary of Food Texture Restrictions*



Food at this level must be soft, tender and moist, and must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• Lumps are no larger than 4mm (for adults)		
• No separate thin liquid		
Fork Pressure Test (must be a metal fork)		
• Can be easily mashed with a fork. The pressure should not make the thumbnail turn to white.		
• Easily separates and comes through the prongs of a fork.		
Spoon Tilt Test		
• Holds shape on a teaspoon		
• Tilt spoon to the side—food should slide off easily with very little left on the spoon		
Does the food pass all the tests for Level 5 Minced & Moist?		

6 SOFT & BITE-SIZED

*Please also see *Summary of Food Texture Restrictions*



Food at this level must be soft, tender and moist, and must pass ALL of the tests below:

Tests	Yes	No
Appearance		
• The pieces are no larger than 15mm x 15mm (for adults)		
• No separate thin liquid		
Fork/Spoon Pressure Test (must be a metal fork or spoon)		
• Push down on a 15mm x 15mm sample with a fork or teaspoon. Use enough pressure for the thumbnail to turn white. The food can be squashed and does not return to the original shape.		
• Food can be separated into smaller pieces using the side of a fork or spoon.		
Does the food pass all the tests for Level 6 Soft & Bite –sized?		

7 REGULAR EASY TO CHEW

Food at this level may include bread, and mixed thin/thick textures.
Please see individual Safe Swallow Plan for details.













Food at this level must be soft and tender, and pass the tests below:

Tests	Yes	No
Fork/Spoon Pressure Test (must be a metal fork or spoon)		
• Push down on a sample with a fork or teaspoon. Use enough pressure for the thumb- nail to turn white. The food can be squashed and does not return to the original shape.		
• Food can be separated into smaller pieces using the side of a fork or spoon.		
<i>Does the food pass all the tests for Level 7 Regular–Easy to Chew?</i>		

!! High Risk Choking Foods!!

Summary of Food Texture Restrictions for IDDSI Food Levels

	Hard Foods: boiled sweets, nuts		Tough foods: steak, bacon
	Mixed thin/thick textures: cereal with milk, soup with food pieces		Skin, bone, or gristle
	Dry foods: crackers, dry cake, bread		Floppy foods: lettuce, thinly sliced cucumber, spinach
	Crispy or crunchy food: crisps, flaky pastry		Stringy foods: beans, rhubarb
	Pips, seeds, pith/inside skin, skins or shells: peas, grapes		Sticky foods: marshmallows, some cheeses
	Crumbly foods: biscuits, pie crust		Juicy foods where the juice separates off in the mouth