

Disorders of Language, Speech and Swallowing Table 2.

International Dysphagia Diet Standardization Initiative (IDDSI) Framework for classifying food textures and drink thicknesses.

FOODS		DRINKS/LIQUIDS	
Level 7 – Regular	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.		
Level 7 – Easy to Chew	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.		
Level 6 – Soft & Bite-sized	Soft and bite sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed. Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8mm x 8mm for babies and children. Push down on piece with fork – sample should squash completely and not regain its shape.		
Level 5 – Minced & Moist	Very soft, small moist lumps, minimal chewing ability needed. 4mm lump size for adults and 2mm lump size for children and babies. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.		
Level 4 – Pureed	Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon. 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 spoons is tilted or lightly flicked. Must not be firm or sticky.	Level 4 – Extremely thick	Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon. 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 – Liquidized	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. No less than 8mL remaining in the syringe after 10 seconds of flow. Drips slowly in dollops through the prongs of a fork.	Level 3 – Moderately Thick	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. No less than 8mL remaining in the syringe after 10 seconds of flow. Drips slowly in dollops through the prongs of a fork.
		Level 2 – Mildly Thick	'Sippable' from a cup but effort needed to drink this through a standard straw. 4-8mL remaining in the syringe after 10 seconds of flow.
		Level 1 – Slightly Thick	Thicker than water. Can flow through a standard straw. 1-4mL remaining in the syringe after 10 seconds of flow.
		Level 0 – Thin Liquids	Flows like water. Flows easily through any straw. Less than 1mL remaining in the syringe after 10 seconds of flow.