



Our OSP team are here to help you make the transition to IDDSI, the International Dysphagia Diet Standards Initiative, by May 2019. Remember to ask your visiting OSP clinician if you are unsure of how to get started, or call us on 0403903822 to discuss ideas on implementing IDDSI in your workplace.

Implementing IDDSI May 2019

Are you ready for the International Dysphagia Diet Standards Initiative?



IDDSI Food Tests

5 MINCED & MOIST

CHILD 2mm
ADULT 4mm

Spoon Tilt Test

Particle size

Adult - 4mm	Child - 2mm
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6 SOFT & BITE SIZED

Thumb nail blanches white

Fork Pressure Test

Bite size

Adult 15 mm	Child 8 mm
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7 REGULAR

Level 7 Regular for Adults

What is this food texture level?
Level 7 – Regular Foods:

- ✓ Normal, everyday foods of various textures that are developmentally and age appropriate
- ✓ Ability to 'bite off' pieces of food is required
- ✓ Chewing ability is required for hard *and* soft food
- ✓ Ability to chew all types of food textures without tiring easily
- ✓ May include 'mixed consistency' foods (for example, cereal with milk or soup with vegetables pieces)
- ✓ Includes sandwiches

Why is this food texture level used for adults?
Level 7 – Regular food may be used if you *do not* have problems with chewing or swallowing that would increase your risk for choking. Serve food as normal without restriction on the size of the pieces or the texture of the food.

How do I test my food to make sure it is Level 7 Regular?
There are no specific tests for Level 7 Regular

7 EASY TO CHEW

Thumb nail blanches white

IDDSI Fork Pressure Test

Must be able to break food apart easily with the side of a fork or spoon

Easy to Chew foods must break apart easily and pass Fork Pressure Test!

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape