

Drinks

0 THIN (TN0)

- Flows like water

1 SLIGHTLY THICK (ST1)

- Thicker than water
- Can flow through a straw

2 MILDLY THICK (MT2)

- May be sipped
- Flows quickly off a spoon

3 MODERATELY THICK (MT3)

- May be sipped from a cup or taken from a spoon
- Smooth with no lumps

4 EXTREMELY THICK (EX4)

- Cannot be drunk from a cup, usually eaten from a spoon
- Smooth with no lumps and not sticky

BRIEF DESCRIPTION OF IDDSI STANDARDS

Foods

3 LIQUIDISED (LQ3)

- Can be eaten from a spoon or drunk from a cup

4 PUREED (PU4)

- No chewing ability required
- Smooth with no lumps
- Not sticky

5 MINCED & MOIST (MM5)

- Particle size no larger than 4mm x 15mm
- Requires minimal chewing
- Very soft, small moist lumps

6 SOFT & BITE-SIZED (SB6)

- Particle size no larger than 15mm x 15mm pieces
- Requires chewing ability
- Can be squashed and should not return to original shape

7 REGULAR (EC7) EASY TO CHEW

- Normal everyday foods of soft texture
- Requires chewing ability
- May include mixed consistency, food and liquids together

7 REGULAR (RG7)

- Normal, everyday foods of various textures
- Requires chewing ability



The International Dysphagia Diet Standardisation Initiative 2016
@<https://iddsi.org/framework/>.