

# Intended for Liquids



THIN



SLIGHTLY THICK



MILDLY THICK



MODERATELY THICK

**3 LIQUIDISED**



**IDDSI**

International Dysphagia Diet  
Standardisation Initiative

Liquid or product tested			
If soup, heating method(s)			
Temperature when tested at:	<input type="checkbox"/> optimal serving temperature	<input type="checkbox"/> 15 mins after serving	<input type="checkbox"/> 30 mins after serving

## Instructions:

- Liquid critical tests include **IDDSI Flow test for ALL liquids PLUS for Level 3 Fork Drip Test**.
- Liquid item must pass or meet criteria for any row marked \*.

Tests: Suitable for drinks, soups, nutritional supplements, gravies, sauces, liquid medications		Meets criteria at		
		Time of service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>				
* Smooth liquids with no 'bits' (no lumps, fibres, shell, skin, husks, bone, or gristle)		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Critical: IDDSI Flow Test (10mL Syringe measuring 61.5mm from 0-10mL lines needed)</b>				
* Level 0 Thin	All 10 mL flows through within 10 secs	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 1 Slightly thick	1-4 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 2 Mildly thick	4-8 mL remains after 10 secs flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Level 3 Moderately Thick/Liquidised	>8 mL remains after 10 secs flow then proceed to Fork Drip Test (below)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Critical: Fork Drip Test – Only for Level 3 - Moderately Thick/Liquidised</b>				
* Food drips slowly in dollops through prongs of a dinner fork		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Prongs of fork do not leave a clear pattern, even briefly on the surface		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>OVERALL CONCLUSION: Does the sample meet the criteria for:</b>				
Level 0 Thin?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 1 Slightly Thick?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 2 Mildly Thick?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Level 3 Moderately Thick/Liquidised?		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

**Notes:** \* Please see also <http://iddsi.org/framework/drink-testing-methods/> for IDDSI Flow Test and <http://iddsi.org/framework/food-testing-methods/> for Fork Drip Test