

IDDSI Diet Descriptors summary

Liquidised (Moderately Thick)- Level 3

- Food drips slowly or in dollops through the prongs of a fork
- After 10 seconds, 8ml would be left in a 10ml syringe in the drip test
- Food has been liquidised and is smooth and pourable
- Food is too thin to be moulded



Pureed (Extremely Thick)- Level 4

- Sits in a mound on a fork and does not dollop or drip continuously through a fork
- After 10 seconds, 10ml would be left in a 10ml syringe in the drip test
- Food should be cohesive enough to hold its shape on a spoon
- A full spoonful would slide off a spoon if it was tilted sideways and should not be sticky
- Food has been pureed or has a pureed texture
- Food does not require chewing
- Food is smooth throughout with no 'bits'- lumps, fibres, skins, husks etc
- Any fluid in or on the food is as thick as the puree itself
- There is no loose fluid that has separated off
- No garnish
- No hard pieces or crusts have formed during cooking
- The food can be piped, layered or moulded.



Minced and moist- Level 5

- Particles of food should fit through the prongs of a fork (up to 4mm)
- A full spoonful would slide off a spoon if it was tilted sideways and should not be sticky
- Food is finely minced or mashed with a fork before serving
- Food is soft, tender and moist
- Food needs hardly any chewing
- There is no loose fluid
- There are no hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
- There are no pips, seeds, pith, skins, shells or husks.
- There are no 'sticky' foods e.g. marshmallows
- No hard pieces or crusts have formed during cooking



Soft and bite-sized- level 6

- Food is soft, tender and moist.
- Food is no more than 1.5cm x 1.5cm, i.e., the width of a fork
- Food should be soft enough that it can be squashed or broken with a small amount of pressure from a fork. (Fork Pressure Test)
- Food needs some chewing to break it up
- There are no hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits
- There are no pips, seeds, pith, skins, shells or husks.
- No hard pieces or crusts have formed during cooking
- Any liquid/gravy/custard/sauce in or on the food has not thinned out or separated.



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