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## BREAKDOWN OF IDDSI LEVELS 0-7

**0 Thin** - Should flow like water. Can be drunk through any kind of cup or straw.

**1 Slightly Thick** - Thicker than water. Flows through a straw. Requires a little more effort to drink than thin liquids.

**2 Mildly Thick** - A liquid which can be sipped. This liquid should flow quickly from a spoon. Mild effort required to drink through a standard straw.

**3 Liquidised / Moderately Thick** - Cannot be eaten with a fork because it drips slowly through the prongs. Should have a smooth texture with no bits. Cannot be piped, layered or moulded. These foods/liquids can be drunk from a cup and sucked through a standard straw, but with some effort. Should pour from a spoon without sticking.

**4 Pureed / Extremely Thick** - Usually eaten with a spoon. Can be piped, layered or moulded. Does not require chewing. Should have no lumps and not be sticky. Cannot be drunk from a cup or sucked through a straw. Should hold its shape on a spoon, and fall off a spoon when tilted.

**5 Minced & Moist** - Soft and moist, with no separate thin liquid. Food can be scooped and shaped, and eaten with a fork or spoon. Small lumps visible within the food (4mm in size). Lumps should be soft enough to squash through the lines of a fork. Food should not flow through a fork.

**6 Soft and Bite-sized** - Can be eaten with a fork or a spoon, but no knife needed to cut the food. Soft and tender with no separate thin liquid. Should break apart under pressure from a fork or spoon. Pieces can be 15mm in size. Chewing required before swallowing.

**7 Easy to Chew - Regular** - Normal everyday foods of soft/tender textures. Normal everyday foods of various textures.