



# What is the IDDSI App?

A presentation by: Andy Cullum & Sophie Murray





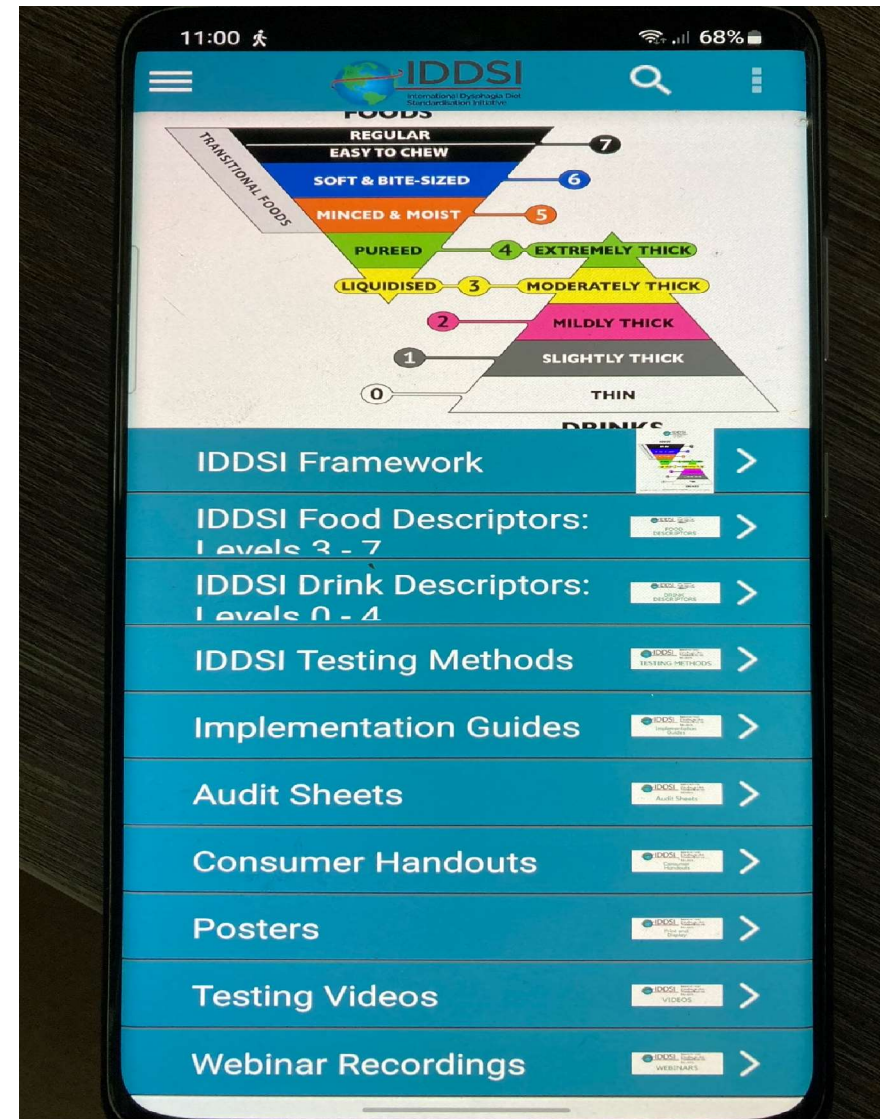
# What is the IDDSI App

This is a free resource tool that you can download to any android or iPhone device.

This app can also be downloaded onto tablets and iPads.

**So what is it?**

Lets take a look





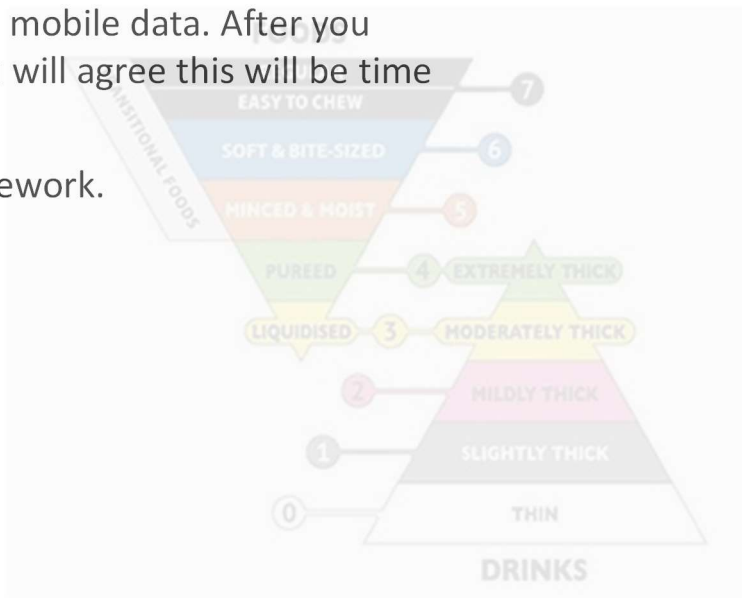
## Let's have a look



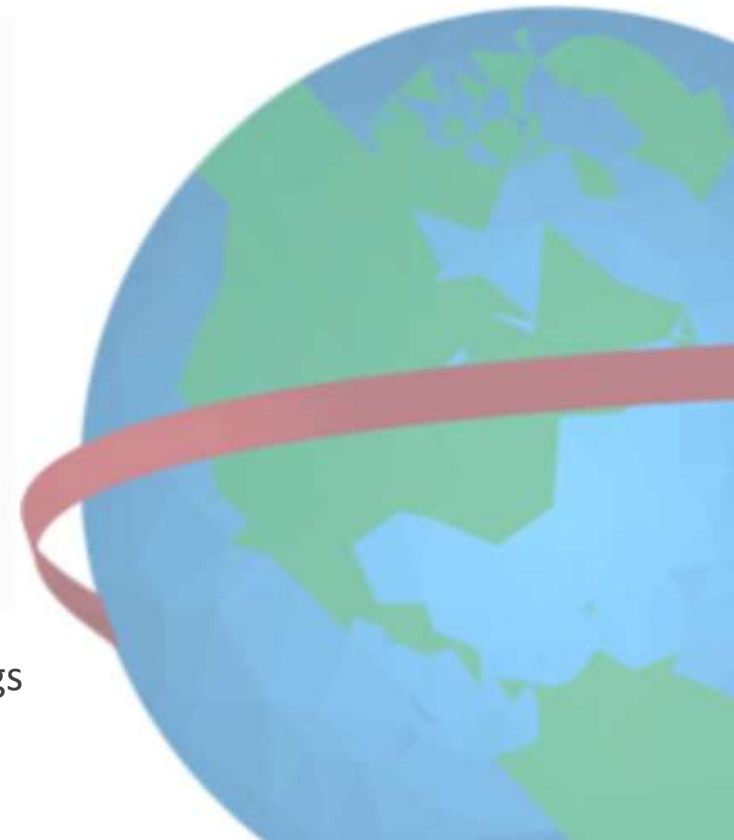
You will need to download the app and enter an email for registration to gain access. This resource is free so please don't think that you will get any charges later down the line all this will cost you is your time and some mobile data. After you have explored the app I'm sure you will agree this will be time well spent.

That will give you the IDDSI framework.

- Food descriptors 3-7
- Drink descriptors 0-4
- Testing methods
- Implementation guide
- Audit sheets
- Handouts
- Posters
- Training videos



And for those that want a little bit more, free access to webinar recordings





# Framework

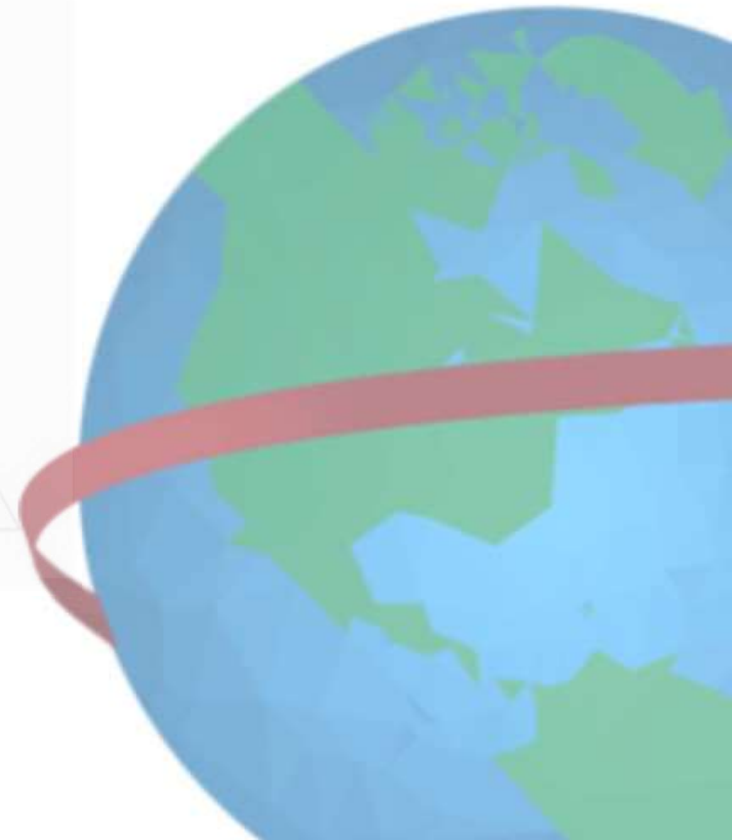


Fun Fact ....!!

Did you know all the colours can be identified by someone with colour blindness

So what's next

Food descriptors 3-7







# Drink Descriptors 0-4



0 THIN	1 SLIGHTLY	2 MILDLY	3 LIQUIDISED 3 MODERATE	4 PUREED 4 EXTREMELY THICK
<p><b>Description/ Characteristics</b></p> <ul style="list-style-type: none"> <li>• Thinner than water</li> <li>• Flows through a straw</li> <li>• Similar to 'Anti-regurgitant'</li> </ul>	<p><b>Description/ Characteristics</b></p> <ul style="list-style-type: none"> <li>• Thicker than water</li> <li>• Requires a straw</li> <li>• Flows through a straw</li> <li>• Similar to 'Anti-regurgitant'</li> </ul>	<p><b>Description/ Characteristics</b></p> <ul style="list-style-type: none"> <li>• Flows through a straw</li> <li>• Sips through a straw</li> <li>• Milkshake</li> </ul>	<p><b>Description/characteristics</b></p> <ul style="list-style-type: none"> <li>• Can be drunk through a straw</li> <li>• Moderate effort required to sip through a straw (v)</li> <li>• Cannot be piped</li> <li>• Cannot be eaten through the mouth</li> <li>• Can be eaten</li> <li>• No oral processing</li> <li>• Smooth texture</li> <li>• Husk, particle</li> </ul>	<p><b>Description/characteristics</b></p> <ul style="list-style-type: none"> <li>• Usually eaten with a spoon (a fork is possible)</li> <li>• Cannot be drunk from a cup because it does not flow easily</li> <li>• Cannot be sucked through a straw</li> <li>• Does not require chewing</li> <li>• Can be piped, layered or molded because it retains its shape, but should <u>not</u> require chewing if presented in this form</li> <li>• Shows some very slow movement under gravity but cannot be poured</li> <li>• Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate</li> <li>• No lumps</li> <li>• <u>Not</u> sticky</li> <li>• Liquid must not separate from solid</li> </ul>
<p><b>Physiological rationale for this level of thickness</b></p> <ul style="list-style-type: none"> <li>• Often used to reduce spilling from a teat/nipple</li> <li>• Also used to control the rate of flow</li> </ul>	<p><b>Physiological rationale for this level of thickness</b></p> <ul style="list-style-type: none"> <li>• Often used to reduce spilling from a teat/nipple</li> <li>• Also used to control the rate of flow</li> </ul>	<p><b>Physiological rationale for this level of thickness</b></p> <ul style="list-style-type: none"> <li>• If tilted, liquid flows</li> <li>• Moderate effort</li> </ul>	<p><b>Physiological rationale for this level of thickness</b></p> <ul style="list-style-type: none"> <li>• If tongue control is significantly reduced, this category may be easiest to control</li> <li>• Requires less propulsion effort than Minced &amp; Moist (Level 5), Soft &amp; Bite-Sized (Level 6) and Regular and Regular Easy to Chew (Level 7) but more than Liquidised/Moderately thick (Level 3)</li> <li>• No biting or chewing is required</li> <li>• Increased oral and/or pharyngeal residue is a risk if too sticky</li> <li>• Any food that requires chewing, controlled manipulation or bolus formation are <u>not</u> suitable</li> <li>• Pain on chewing or swallowing</li> <li>• Missing teeth, poorly fitting dentures</li> </ul>	<p><b>Physiological rationale for this level of thickness</b></p> <ul style="list-style-type: none"> <li>• If tongue control is significantly reduced, this category may be easiest to control</li> <li>• Requires less propulsion effort than Minced &amp; Moist (Level 5), Soft &amp; Bite-Sized (Level 6) and Regular and Regular Easy to Chew (Level 7) but more than Liquidised/Moderately thick (Level 3)</li> <li>• No biting or chewing is required</li> <li>• Increased oral and/or pharyngeal residue is a risk if too sticky</li> <li>• Any food that requires chewing, controlled manipulation or bolus formation are <u>not</u> suitable</li> <li>• Pain on chewing or swallowing</li> <li>• Missing teeth, poorly fitting dentures</li> </ul>
<p>Although descriptions are provided, use <b>TESTING METHOD</b></p> <p>See also <a href="#">IDDSI Testing Methods document</a></p>	<p>Although descriptions are provided, use <b>IDDSI TESTING METHOD</b></p> <p>See also <a href="#">IDDSI Testing Methods document</a> or <a href="#">https://idddsi.org/framework/food-testing-methods/</a></p>	<p>Although descriptions are provided, use <b>IDDSI TESTING METHOD</b></p> <p>See also <a href="#">IDDSI Testing Methods document</a> or <a href="#">https://idddsi.org/framework/food-testing-methods/</a></p>	<p>Although descriptions are provided, use <b>IDDSI TESTING METHODS</b></p> <p>See also <a href="#">IDDSI Testing Methods document</a> or <a href="#">https://idddsi.org/framework/food-testing-methods/</a></p>	<p>Although descriptions are provided, use <b>IDDSI TESTING METHODS</b></p> <p>See also <a href="#">IDDSI Testing Methods document</a> or <a href="#">https://idddsi.org/framework/food-testing-methods/</a></p>
<p>IDDSI Flow Test*</p> <ul style="list-style-type: none"> <li>• Test liquid in syringe after 10 seconds</li> </ul>	<p>IDDSI Flow Test*</p> <ul style="list-style-type: none"> <li>• Test liquid in syringe after 10 seconds</li> </ul>	<p>IDDSI Flow Test*</p> <ul style="list-style-type: none"> <li>• Test liquid in syringe after 10 seconds</li> </ul>	<p>IDDSI Flow Test*</p> <ul style="list-style-type: none"> <li>• Test liquid flow in syringe after 10 seconds</li> </ul>	<p>IDDSI Flow Test</p> <ul style="list-style-type: none"> <li>• n/a. The IDDSI Flow test is not applicable, please use the Fork Drip Test and Spoon Tilt Test</li> </ul>
<p><b>#Before you test</b> You <u>must</u> check your syringe length because there are differences in syringe lengths. Your syringe should look like this</p>	<p><b>#Before you test...</b> You <u>must</u> check your syringe length because there are differences in syringe lengths. Your syringe should look like this</p>	<p><b>#Before you test...</b> You <u>must</u> check your syringe length because there are differences in syringe lengths. Your syringe should look like this</p>	<p><b>#Before you test...</b> You <u>must</u> check your syringe length because there are differences in syringe lengths. Your syringe should look like this</p>	
<p>1. Remove plunger 2. Cover nozzle with finger and fill 10ml</p> <p><b>IDDSI FLOW TEST INSTRUCTIONS</b></p>	<p>1. Remove plunger 2. Cover nozzle with finger and fill 10ml 3. Release nozzle and start timer</p> <p><b>IDDSI FLOW TEST INSTRUCTIONS</b></p>	<p>1. Remove plunger 2. Cover nozzle with finger and fill 10ml 3. Release nozzle and start timer</p> <p><b>IDDSI FLOW TEST INSTRUCTIONS</b></p>	<p>1. Remove plunger 2. Cover nozzle with finger and fill 10ml 3. Release nozzle and start timer</p> <p><b>IDDSI FLOW TEST INSTRUCTIONS</b></p>	
			<p><b>Fork Drip Test</b></p> <ul style="list-style-type: none"> <li>• Drips slowly in 10 seconds</li> <li>• When a fork is pressed on the surface, a clear pattern on the surface is visible</li> <li>• Spreads out in 10 seconds</li> </ul>	<p><b>Fork Pressure test</b></p> <ul style="list-style-type: none"> <li>• It is not possible to press a fork on the surface and fingers, lips</li> </ul>
			<p><b>Spoon Tilt Test</b></p> <ul style="list-style-type: none"> <li>• Easily pours from a spoon</li> </ul>	
			<p><b>Chopstick Test</b></p> <ul style="list-style-type: none"> <li>• Chopsticks are used to press on the surface of the food</li> </ul>	
			<p><b>Finger Test</b></p> <ul style="list-style-type: none"> <li>• Where forks are not available</li> </ul>	
			<p><b>Food specific or Other examples (NB. this list is not exhaustive)</b></p> <ul style="list-style-type: none"> <li>• The following items are not suitable for the IDDSI Flow Test</li> <li>• Infant "first feed" formula</li> <li>• Some sauces</li> </ul>	



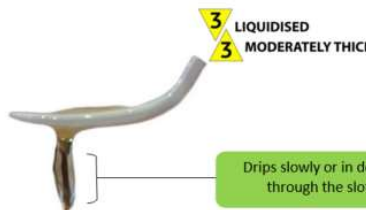
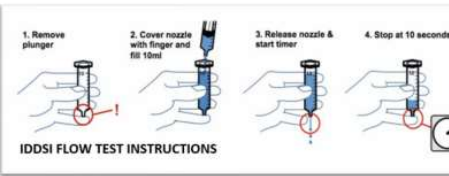


# What Else Do You Have At Your Finger Tips.



## Testing Methods

**\*Before you test...**  
You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



Sits in a mound or pile above the fork

4 PUREED  
4 EXTREMELY THICK

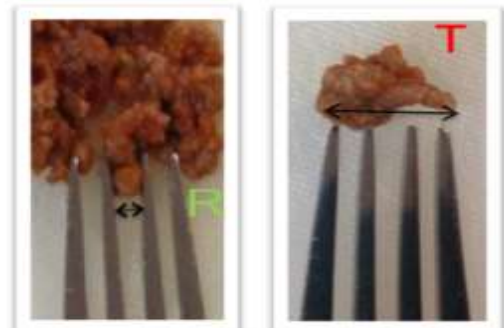
A small amount may flow through and form a short tail below the fork  
Does not dollop, flow or drip continuously through the fork prongs

Spoon Tilt Test: Holds shape on spoon; not firm and sticky; little food left on spoon

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IDDSI 2.0 | July, 2019

## 5 MINCED & MOIST

Use slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size



**Note - lump size requirements for all foods in Level 5 Minced & Moist:**

- ∅ Paediatric, equal to or less than 2mm width and no more than 8mm in length
- ∅ Adult, equal to or less than 4mm width and no more than 15mm in length



# What Else Do You Have At Your Finger Tips.



## Implementation Guides

## Audit Sheets

### 4 EXTREMELY THICK

**IDDSI Audit Tool**  
 Product or food tested  
 If heated, heating method(s)  
 Temperature when tested at:

**Instructions**

- Level 4 Extreme appropriate.
- The food item must pass or meet criteria for any row marked \*

**Tests:** Suitable for

**Critical: Appearance**

\* No lumps

**Critical: Fork Pressure Test**

\* Food sits in a neat pile

\* Does not drip or ooze

**Critical: Spoon Pressure Test**

\* Holds shape or

\* Food slides off

May spread or slump slowly

**Alternative if Fork or Spoon not available: Finger Test**

\* Hold a sample

\* Food slides smoothly

Food leaves no residue

**Preferred but not essential: Chopstick Test**

Prongs of fork or chopsticks can break 15mm x 15mm pieces into smaller pieces

**OVERALL CONCLUSION:**

Level 4 Extremely Thick

### 5 MINCED AND MOIST

**IDDSI Audit Tool**  
 Product or food tested  
 If heated, heating method(s)  
 Temperature when tested at:

**Instructions**

- Level 5 Minced & Moist critical tests include Appearance + Fork/Spoon Pressure Test OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'bite of food' – must be equal to or less than 15mm x 15mm (adults); equal to or less than 8mm x 8mm (pediatrics).
- The food item must pass or meet criteria for any row marked \*

**Tests:** Suitable for

**Critical: Appearance**

\* Lumps less than or equal to 2mm

\* No separate thin liquid

**Critical: Fork Pressure Test**

\* Food can be easily mashed (blanch to white)

\* Easily separates and comes apart

**Critical: Spoon Tilt Test (teaspoon needed)**

\* Holds shape on teaspoon

\* Food slides off spoon with little pressure

May spread or slump slowly

**Alternative if Fork or Spoon not available: Finger Test**

\* Small soft smooth rounded pieces

\* Food feels moist and will leave residue

**Optional: Chopstick Test**

Chopsticks can scoop or hold 15mm x 15mm pieces

**OVERALL CONCLUSION:**

Level 5 Minced and Moist

### 6 SOFT AND BITE-SIZED

**IDDSI Audit Tool**

Product or food tested						
If heated, heating method(s)						
Temperature when tested at:	°C	time of service	°C	15 mins after serving	°C	30 mins after serving

**Instructions**

- Level 6 Soft & Bite-Sized critical tests include Appearance + Fork/Spoon Pressure Test OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'bite of food' – must be equal to or less than 15mm x 15mm (adults); equal to or less than 8mm x 8mm (pediatrics).
- The food item must pass or meet criteria for any row marked \*

Tests	Meets criteria at		
	Time of Service	15 mins after serving	30 mins after serving
<b>Critical: Appearance</b>			
* Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (pediatrics)	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* No separate thin liquid	<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/Spoon Pressure Test (metal dinner fork or teaspoon needed)</b>			
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side	<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>Alternative if Fork or Spoon not available: Finger Test</b>			
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
* Food feels moist	<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>Optional: Chopstick Test</b>			
Chopsticks can break 15mm x 15mm pieces into smaller pieces	<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 6 Soft and Bite Sized?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No





Handouts

Posters

# What Else Do You Have At Your Finger Tips.



**IDDSI FOOD & DRINKS CLASSIFICATION AND TESTING ADULT & PEDIATRIC**

**TRANSITIONAL FOODS**

Food that starts as a firm solid texture and changes to another texture when it becomes wet or when warmed. Minimal chewing ability needed.

**TESTING INFO**

<b>7</b>	<b>LEVEL 7 - REGULAR <sup>RG7</sup></b> No specific testing information.	Normal everyday foods of various textures that are developmentally and age appropriate. Biting and chewing ability needed.
<b>EC7</b>	<b>LEVEL 7 - EASY TO CHEW <sup>EC7</sup></b>	Normal everyday foods of soft/tender textures only, that are developmentally and age appropriate. Requires biting and chewing ability.
<b>6</b>	<b>LEVEL 6 - SOFT &amp; BITE-SIZED <sup>SB6</sup></b> Pieces no bigger than 1.5 x 1.5 cm in size for adults and 8mm x 8mm for babies & children. Push down on piece with fork - sample should squash completely and not regain its shape.	Soft = Bite-sized, tender and moist throughout, with no thin liquid leaking or dripping from the food. Chewing ability needed.
<b>5</b>	<b>LEVEL 5 - MINCED &amp; MOIST <sup>MMS</sup></b> 8mm lump size for adults and 2mm lump size for babies and children. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Very soft, small moist lumps, minimal chewing ability needed.
<b>4</b>	<b>LEVEL 4 - PUREED <sup>PU4</sup></b> Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.	Smooth with no lumps, not sticky, no chewing ability needed. Can be eaten with a spoon.
<b>3</b>	<b>LEVEL 3 - LIQUIDISED <sup>LQ3</sup></b> No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.	Can be eaten with a spoon or drunk from a cup. Cannot be eaten with a fork because it slowly drips through. Effort needed to drink this through a wide straw.

**TRANSITIONAL FOODS TEST INSTRUCTIONS**

- Add 1mL of water to 1.5 cm x 1.5 cm sample and wait 1 minute.
- Then complete the IDDSI Fork Pressure Test.

**FLOW TEST INSTRUCTIONS**

- Place finger here
- Remove plunger
- Cover nozzle with finger and fill 10mL
- Release nozzle with finger and start timer
- Stop at 10 seconds

**TESTING INFO**

<b>4</b>	<b>LEVEL 4 - EXTREMELY THICK <sup>EX4</sup></b> Sits in a mound or pile above the fork. Does not dollop or drip continuously through a fork. Holds its shape on a spoon. Falls off easily if the spoon is tilted or lightly flicked. Must not be firm or sticky.
<b>3</b>	<b>LEVEL 3 - MODERATELY THICK <sup>MO3</sup></b> No less than 8mL remaining in the syringe after 10 sec of flow. Drips slowly in dollops/strands through the prongs of a fork.
<b>2</b>	<b>LEVEL 2 - MILDLY THICK <sup>MT2</sup></b> 4-8mL remaining in the syringe after 10 sec of flow.
<b>1</b>	<b>LEVEL 1 - SLIGHTLY THICK <sup>ST1</sup></b> 1-4 mL remaining in the syringe after 10 sec of flow.
<b>0</b>	<b>LEVEL 0 - THIN <sup>TN0</sup></b> Less than 1mL remaining in the syringe after 10 sec of flow.

**FOOD TEST INSTRUCTIONS**

- 4** PUREED
- 4** EXTREMELY THICK
- 5** MINCED & MOIST (ADULT 4mm, CHILD 2mm)
- 6** SOFT & BITE-SIZED (Thumbnail blanches white)
- EC** EASY TO CHEW (Thumbnail blanches white)

**DRINKS / LIQUIDS**

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# What Else Do You Have At Your Finger Tips.



**LEVEL 4 - Extremely Thick**

**TOO STICKY**



## Videos

This resource is all free and at your finger tips by just downloading the app.

I am sorry but we only have 15 minutes so why don't you come and talk to us



Thank You

Four Seasons  
HEALTH CARE GROUP

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Making a difference *together*