

About IDDSI Foods

International Dysphagia Diet Standardisation Initiative

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global project that gives standardized terms, definitions, and testing methods for modified foods and liquids that could be recommended for a person with dysphagia. IDDSI is used across ages, cultures, and places around the world.

IDDSI Levels: IDDSI Food Levels are described in Levels 3-7, with Level 3 & 4 overlapping with liquid levels.

Level 7: Regular

Level 6: Soft and Bite-Sized

Level 4: Pureed / Extremely Thick

Level 2: Mildly Thick

Level 7: Easy-to-chew, Regular

Level 5: Minced + Moist

Level 3: Liquidised / Moderately Thick

Level 1: Slightly Thick

Level 0: Thin

Understanding Your Food Level: Your speech-language pathologist is part of the care team that gives input on what food level would be best for your nutrition and safety. Your SLP can help you understand:

- ✓ What foods you can eat
- ✓ How to test a food to see if it fits at that level
- ✓ What foods to avoid
- ✓ Why this food level is recommended

Want to learn more?

- ✓ [IDDSI Patient Handouts](#)

Reference: The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>.

These are NOT official IDDSI resources, educational materials or education programs and they are NOT meant to replace materials and resources on www.IDDSI.org

IDDSI Food Levels (Dessert-Style)

These are the different **food** levels within the International Dysphagia Diet Standardisation Initiative (IDDSI) framework:

Level 7: Regular



Level 7: Easy to Chew, Regular



Level 6: Soft and Bite-Sized



Level 5: Minced and Moist



Level 4: Pureed / Extremely Thick



Level 3: Liquidised / Moderately Thick



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