

## About IDDSI Level 2 (Mildly Thick)

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 Level 2 is used to describe drinks. It is described as mildly thick, and can be sipped from a cup or straw (with a little effort).**

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 IDDSI Level 2:

- ✓ **How do you drink it?** IDDSI Level 2 drinks can be sipped from a cup or a straw (with a little effort). They will pour quickly from a spoon.
- ✓ **What happens if you do the Syringe Flow Test?** If you fill a 10 ml syringe with Level 2, after 10 seconds there will be 4-8 ml left in the syringe.

### Learn more:

- ✓ [IDDSI Level 2 Patient Handout](#)

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](http://www.IDDSI.org)

## IDDSI Level 2 (Mildly Thick)

### Drink Examples

IDDSI Level 2 is used to describe drinks. It is described as mildly thick, and can be sipped from a cup or straw (with a little effort). The best way to know if your item is the right level is to check:

- ✓ **What happens if you do the Syringe Flow Test?** If you fill a 10 mL syringe with Level 2, after 10 seconds there will be 4-8 ml left in the syringe.



Most drinks will need to be thickened to be consistent with IDDSI Level 2.

*What are some of your preferred drinks?*

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### Watch out for:

- ✓ Mild effort may be needed when using a straw with Level 2, so be aware if this is fatiguing.
- ✓ Ice can melt and change the consistency of the drink.

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## IDDSI Level 2 (Mildly Thick)

### Evaluate a Drink

IDDSI Level 2 is used to describe drinks. It is described as mildly thick, and can be sipped from a cup or straw (with a little effort). The best way to know if your item is the right level is to check:

- ✓ What are the results of the Syringe Flow Test?

Practice making your own drinks mildly thick. What are the results of the Syringe Flow Test? Write down what worked to be consistent with IDDSI Level 2.

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IDDSI Level	Syringe Flow Test Results
0 (Thin / Regular)	If you fill a 10 mL syringe with <b>Level 0</b> , after 10 seconds there will be <b>less than 1 ml</b> left in the syringe.
1 (Slightly Thick)	If you fill a 10 mL syringe with <b>Level 1</b> , after 10 seconds there will be <b>1-4 ml</b> left in the syringe.
2 (Mildly Thick)	If you fill a 10 mL syringe with <b>Level 2</b> , after 10 seconds there will be <b>4-8 ml</b> left in the syringe.
3 (Moderately Thick / Liquidised)	If you fill a 10 mL syringe with <b>Level 3</b> , after 10 seconds there will be <b>8+ ml</b> left in the syringe.

### Learn more:

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