

About IDDSI Level 3 (Moderately Thick / Liquidised)

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 3 is used to describe either foods, drinks, or both. It is described as smooth and moderately thick, eaten with a spoon or by cup.

Level 7: Regular

Level 6: Soft and Bite-Sized

Level 4: Pureed / Extremely Thick

Level 2: Mildly Thick

Level 1: Slightly Thick

Level 7: Easy-to-chew, Regular

Level 5: ~~Minced + Moist~~

Level 3: Liquidised / Moderately Thick

Level 0: Thin

Understanding IDDSI Level 3:

- ✓ **How do you eat it?** IDDSI Level 3 foods / drinks are eaten with a spoon or by cup. They can not be eaten with a fork because it will fall through the prongs.
- ✓ **What happens if you scoop it with a fork?** If you scoop an IDDSI Level 3 food / drink with a fork, it will fall through the prongs slowly in dollops.
- ✓ **What happens if you do the Syringe Flow Test?** If you fill a 10 ml syringe with Level 3, after 10 seconds there will be 8+ ml left in the syringe.

Learn more:

- ✓ [IDDSI Level 3 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

IDDSI Level 3 (Moderately Thick / Liquidised)

Food / Drink Examples

IDDSI Level 3 is used to describe either foods, drinks, or both. It is described as smooth and moderately thick, eaten with a spoon or by cup. The best way to know if your item is the right level is to check:

- ✓ **What happens if you scoop it with a fork?** If you scoop an IDDSI Level 3 food / drink with a fork, it will fall through the prongs slowly in dollops.
- ✓ **What happens if you do the Syringe Flow Test?** If you fill a 10 mL syringe with Level 3, after 10 seconds there will be 8+ ml left in the syringe.



Most items will need to be adjusted - either liquidizing with liquid, or thickening with a thickener, to be consistent with IDDSI Level 3 foods / drinks. Items will need to be tested individually but natural IDDSI 3 foods may include:

- ✓ Smoothies
- ✓ Pureed or thickened soups or stews
- ✓ Smooth porridges

Can you add examples from your own preferred foods or drinks?

Watch out for:

- ✓ Moderate effort may be needed when using a straw with Level 3, so be aware if this is fatiguing.

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Evaluate a Food or Drink

IDDSI Level 3 is used to describe either foods, drinks, or both. It is described as smooth and moderately thick, eaten with a spoon or by cup. Pick some foods or drinks to evaluate:

✓ Does it look smooth (no lumps)?

✓ How do you eat it?

✓ What happens if you scoop it with a fork?

✓ What are the results of the Syringe Flow Test?

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IDDSI Level 3 (Moderately Thick)

Evaluate a Drink

IDDSI Level 3 is used to describe either foods, drinks, or both. It is described as smooth and moderately thick, eaten with a spoon or by cup. 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 moderately thick. What are the results of the Syringe Flow Test? Write down what worked to be consistent with IDDSI Level 3.

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

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IDDSI Level 3 (Moderately Thick / Liquidised) Test Yourself

Which of these foods would be consistent with IDDSI Level 3 (Moderately Thick / Liquidised)? How would you adjust the other foods to see if they could become consistent with Level 3?



What foods do you want to evaluate for your own eating?

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Make-Your-Own Menu Ideas

First, describe your mealtimes. Then, create your menu ideas for the different meal activities you participate in.

Describe mealtimes:

Menu Ideas:

Learn more:

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Making Foods Moderately Thick / Liquidised

Tools that may help liquidize foods:

- ✓ Blender
- ✓ Food processor
- ✓ Immersion blender
- ✓ Strainer / Sieve
- ✓ Adding extra liquids

How can I make the food the correct thickness (Moderately Thick)?

- ✓ Foods will need to be liquidised, with liquid added. Consider flavored liquid (broth, milks, gravy) that might help the taste.
- ✓ Liquids will need a thickener added to be the correct thickness.

How do I test it?

- ✓ **What happens if you scoop it with a fork?** If you scoop an IDDSI Level 3 food / drink with a fork, it will fall through the prongs slowly in dollops.
- ✓ **What happens if you do the Syringe Flow Test?** If you fill a 10 ml syringe with Level 3, after 10 seconds there will be 8+ ml left in the syringe.

Resources:

- ✓ [Eating Well on a Liquidized Diet](#)
- ✓ [Examples and Tips for Liquidising Food](#)

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