IDDSI TEXTURE MODIFIED FOODS

TOPIC: Texture Modified Foods

AUDIENCE: Nursing, PSWs, Dietary, Food Service

DATE:

Purpose / Why Does it Matter

Correct food texture is essential for residents with chewing or swallowing difficulties. Providing the prescribed texture helps reduce the risk of choking and aspiration, supports safe nutrition intake, and promotes resident comfort and dignity.

Learning Objectives

By the end of this in-service, participants will be able to:

1. Identify International Dysphagia Diet Standardization Initiative (IDDSI) food levels 3–7
2. Learn and perform IDDSI food testing methods
3. Spot foods that are unsafe for each level

KEY INFORMATION

Why Food Texture Matters

Patients may struggle with:

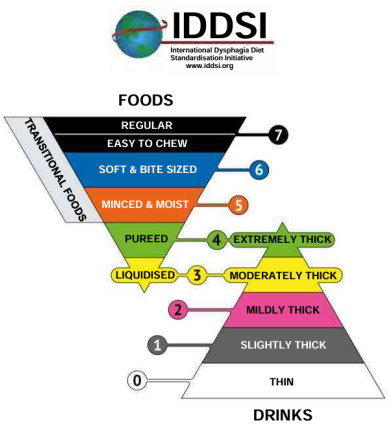
- Chewing
- Forming a safe bolus
- Initiating swallow
- Clearing food from mouth

Correct food texture:

- Reduces choking risk
- Prevents fatigue
- Supports nutrition and dignity

IDDSI Food Levels

Level	Name	Key Features
3	Liquidised	Can be drunk from a cup, no lumps
4	Pureed	No lumps, not sticky, holds shape on a plate
5	Minced & Moist	Soft and moist with no separate thin liquid. Size should be equal or less than 2 mm for pediatric or 4 mm for adults (4mm is approximately the spaces between the tines of a fork)
6	Soft & Bite-Sized	Tender, moist and meets size guideline: 1.5 cm x 1.5 cm for adults 8 mm x 8mm for pediatric
7	Regular / Easy to Chew	Normal textures



Link to poster: [iddsi_framework_poster_a3_a_p_food_only_final_with_bleed_jan2020.pdf]

IDDSI Food Testing Methods

A. Spoon Tilt Test (Levels 3 & 4)

- Food sits on spoon
- Slides off easily when tilted
- Does NOT stick or drip (minimal residue left on the spoon)

B. Fork Drip Test (Level 3)

- Food flows slowly through fork prongs
- No lumps

C. Fork Pressure Test (Levels 4–6)

- Press food with fork thumb:
- Should squash easily
- Should not spring back

If hard or chewy → unsafe

Common Errors to Avoid with Texture Modified Foods

- Mixed textures (soup with chunks)
- Adding sauces and gravy to texture modified foods without further testing
- Dry, crumbly food
- Sticky foods (example: peanut butter on its own)
- Hard crusts, nuts, raw vegetables

Staff Responsibilities

- Verify diet order before serving
- Ensure correct texture on tray – use the different testing methods to confirm
- Ensure safe positioning and supervise patients when eating.
- Report concerns to Registered Nurses, Registered Dietitians, and/or Speech Language Pathologists

KNOWLEDGE CHECK

NAME: _____ **DATE:** _____

1. Which IDDSI level describes pureed foods?

☐ **A.** Level 3

☐ **B.** Level 4

☐ **C.** Level 5

☐ **D.** Level 6

2. A patient on a Level 5 (Minced & Moist) diet can safely eat food pieces up to:

☐ **A.** 15 mm (adult)

☐ **B.** 10 mm (adult)

☐ **C.** 4 mm (adult)

☐ **D.** Any size of soft and moist

3. Which test is used to check how easily food squashes under pressure?

☐ **A.** Spoon Tilt Test

☐ **B.** Fork Drip Test

☐ **C.** Fork Pressure Test

☐ **D.** Flow Test

4. Which food would be unsafe for a Level 6 (Soft & Bite-Sized) diet even when cut into less than or equal to 1.5 cm pieces?

☐ **A.** Soft cooked pasta

☐ **B.** Tender chicken

☐ **C.** Raw carrots

☐ **D.** Soft casseroles

5. True or False: Soup with chunks and cereal in milk are safe for patients on pureed diets as long as it is soaked long enough.

☐ **True** ☐ **False**

Knowledge Check Answer Key

1. B
2. C
3. C
4. C – Raw carrots would fail the fork pressure test and is not suitable for Soft & Bite Sized texture type.
5. False – Soups with chunks and cereal in milk creates a mixed consistency and is a choking risk. It also does not meet Pureed (PU4) description of No lumps and liquids must not separate from solids.

DATE:

TRAINER NAME:

In-Service Attendee Sign-in

DATE:

ATTENDEE NAMES: