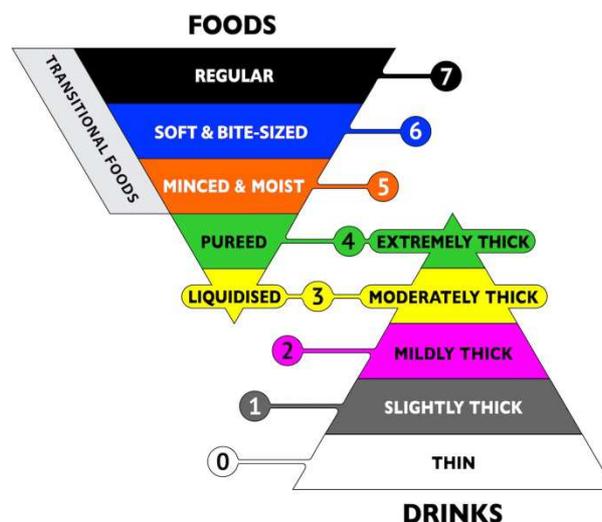


Cambridgeshire Community Services NHS Trust

IDDSI Food and Drink Descriptors

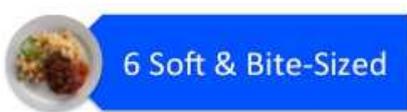
IDDSI stands for **International Dysphagia Diet Standardisation Initiative (IDDSI)**.

It is a colour coded model and is a global standardized framework for talking about texture modified foods and thickened liquids. This new framework replaces all old terminology.



Drink Descriptors	
Stage	Description
	<p>Holds shape on spoon Flows very slowly under gravity Falls off spoon in a single spoonful when tilted and continues to hold a shape on a plate Does not require chewing Could be piped, layered or moulded No lumps and not sticky Cannot be sucked through a straw Liquid does not separate from solid</p>
	<p>Will not hold its shape on a spoon Pours slowly off a spoon Sippable, but difficult to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9mm) Cannot be piped, layered or moulded Cannot be eaten with a fork because it drops through the prongs</p>
	<p>Flows off a spoon, pours quickly from a spoon, but slower than thin drinks Sippable but effort is required to drink this thickness through standard bore straw (5.3 mm diameter)</p>
	<p>Thicker than water Requires a little more effort to drink than thin liquids Flows through a straw, syringe, teat/nipple Similar to the thickness of commercially available 'Anti-regurgitation' infant formula</p>
	<p>Flows like water Fast flow Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills</p>

Food Descriptors

Food Descriptors	
Stage	Description
 	<p>Normal, everyday foods of various textures that are developmentally and age appropriate Any method may be used to eat these foods Foods may be hard and crunchy or naturally soft Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits Includes foods that contain pips, seeds, pith inside the skin, husks or bones</p>
	<p>Can be eaten with a fork, spoon or chopsticks Can be mashed/broken down with pressure from a fork, spoon or chopsticks A knife is not required to cut this food, but may be used to help loading of a fork Chewing is required before swallowing Soft, tender and moist throughout but with no separate thin liquid "Bite sized" pieces as appropriate for size and oral processing skills (15mm for adult, 8mm for child)</p>
	<p>Can be eaten with a fork or spoon, could be eaten with chopsticks in some cases, if the individual has very good hand control Can be scooped and shaped (e.g. into a ball shape) on a plate Soft and moist with no separate thin liquid Small lumps visible within the food (4mm for adult, 2mm for child) Lumps are easy to squash with tongue</p>
	<p>Foods that start as one texture and change to another when moisture (water or saliva) or temperature are applied (heat) Tongue pressure might be enough to breakdown food after heat or moisture are applied Minimal chewing is needed</p>
	<p>Usually eaten with a spoon (a fork is not possible) Cannot be drunk from a cup, cannot be sucked through a straw Does not require biting or chewing Can be piped, layered or moulded Shows some very slow movement under gravity but cannot be poured Falls off a spoon in a single spoonful when tilted and continues to hold its shape on a plate No lumps and not sticky Liquid must not separate from the solid</p>
	<p>Can be drunk from a cup Some effort is needed to drink from a standard or wide bore straw (wide bore straw = 0.275 inch or 6.9mm) Cannot be piped, layered or moulded on a plate Cannot be eaten with a fork because it drips slowly in dollops through the prongs Can be eaten with a spoon No oral processing or chewing required – can be swallowed directly Smooth texture with no "bits" (lumps, fibres, bits of shell or skin, husk, particles of gristle or bone) No chewing required, can be swallowed directly</p>

THIS GUIDANCE REPLACES ALL PREVIOUS DESCRIPTORS