

Level	Common name	Food texture description	Applicable user's physiological condition description	Manufacturer / Importer				Individual user	Cooking examples	Standard level reference
				Hardnes (N/m ²)	Viscosity (cP)	Adhesiveness (g•sec)	Cohesiveness			
Level 0	Thin	<ul style="list-style-type: none"> - Can drink through any type of teat/nipple, cup or straw as appropriate for age and skills - Flows like water - Fast flow 	<ul style="list-style-type: none"> - Functional ability to safely manage liquids of all types 	Nil	Starch-based: <40 Gum-based: <30	Nil	Nil	IDDSI Flow Test: - Less than 1 mL remaining in the 10 mL slip tip syringe after 10 seconds of flow	Carrot Level 0 	<ul style="list-style-type: none"> - Commonly referred to as Thin in Hong Kong medical standard
Level 1	Slightly thick	<ul style="list-style-type: none"> - Flows through a straw, syringe, teat/nipple - Requires a little more effort to drink than thin liquids - Thicker than water - Similar to the thickness of most commercially available 'Anti-regurgitation' (AR) infant formulas 	<ul style="list-style-type: none"> - Used in adult populations where thin drinks flow too fast to be controlled safely. These slightly thick liquids will flow at a slightly slower rate - Often used in the paediatric population as a thickened drink that reduces speed of flow yet is still able to flow through an infant teat/nipple. Consideration to flow through a teat/nipple should be determined on a case-by-case basis 	Nil	Starch-based: 40 - 105 Gum-based: 30 - 100	Nil	Nil	IDDSI Flow Test: - Test liquid flows through a 10 mL slip tip syringe leaving 1 - 4 mL in the syringe after 10 seconds	Carrot Level 1 	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 1 Thin liquids - Commonly referred to as Slightly Thick in Hong Kong medical standard
Level 2	Mildly thick	<ul style="list-style-type: none"> - Sippable, pours quickly from a spoon, but slower than thin drinks - Mild effort is required to drink this thickness through standard bore straw (standard bore straw = 0.209 inch or 5.3 mm diameter) - Flows off a spoon 	<ul style="list-style-type: none"> - If thin drinks flow too fast to be controlled safely, these Mildly Thick liquids will flow at a slightly slower rate - May be suitable if tongue control is slightly reduced 	Nil	Starch-based: 105 - 255 Gum-based: 100 - 230	Nil	Nil	IDDSI Flow Test: - Test liquid flows through a 10 mL slip tip syringe leaving 4 - 8 mL in the syringe after 10 seconds	Carrot Level 2 	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 2 Slightly thick liquids - Commonly referred to as Mildly Thick in Hong Kong medical standard
Level 3	Liquidised Moderately thick	<ul style="list-style-type: none"> - Can be drunk from a cup - Can be eaten with a spoon - Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm) - Cannot be piped, layered or moulded on a plate because it will not retain its shape - Cannot be eaten with a fork because it drips slowly in dollops through the prongs - No oral processing or chewing required (i.e., the process of food mixing with saliva to form a bolus), can be swallowed directly - Smooth texture with no 'bits' (lumps, fibres, bits of shell or skin, husk, particles of gristle or bone) 	<ul style="list-style-type: none"> - Allows more time for oral control - If tongue control is insufficient to manage Mildly Thick drinks (Level 2), this Liquidised/Moderately thick level may be suitable - Needs some tongue propulsion effort - Pain on swallowing 	Nil	Starch-based: 255 - 1355 Gum-based: 230 - 500	Nil	Nil	IDDSI Flow Test: - Test liquid flows through a 10 mL slip tip syringe leaving more than 8 mL in the syringe after 10 seconds Fork Drip Test: - Drips slowly in dollops through the prongs of a fork - When a fork is pressed on the surface of Level 3 Moderately Thick Liquid/Liquidised food, the tines/prongs of a fork do not leave a clear pattern on the surface - Spreads out if spilled onto a flat surface Spoon Tilt Test: - Easily pours from spoon when tilted; does not stick to spoon Chopstick Test: Chopsticks are not suitable for this texture Finger Test: It is not possible to hold a sample of this food texture using fingers, however, this texture slides smoothly and easily between the thumb and fingers, leaving a coating	Carrot Level 3 	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 3 Highly thick liquids (drink) - Commonly referred to as Moderately Thick (drink) in Hong Kong medical standard
Level 4	Pureed Extremely thick	<ul style="list-style-type: none"> - Usually eaten with a spoon (a fork is possible) - Cannot be drunk from a cup - Cannot be sucked through a straw - Does not require chewing - Can be piped, layered or moulded because it retains its shape, but should not require chewing if presented in this form - Shows some very slow movement under gravity but cannot be poured - Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate - No lumps - Not sticky - Liquid must not separate from solid 	<ul style="list-style-type: none"> - If tongue control is significantly reduced, this category may be easiest to control - Requires less propulsion effort than Minced & Moist (level 5), Soft & Bite-Sized (Level 6) and Regular and Regular Easy to Chew (Level 7) but more than Liquidised/Moderately thick (Level 3) - No biting or chewing is required - Increased oral and/or pharyngeal residue is a risk if too sticky - Any food that requires chewing, controlled manipulation or bolus formation are not suitable - Pain on chewing or swallowing - Missing teeth, poorly fitting dentures 	<5 x 10 ³	Starch-based: >1355 Gum-based: >500	< (-55)	0.8 - 1	The IDDSI Flow test is not applicable, please use the Fork Drip Test and Spoon Tilt Test Fork Pressure Test: - When a fork is pressed on the surface of the food, the tines/prongs of a fork can make a clear pattern on the surface, and/or the food retains the indentation from the fork - No lumps Fork Drip Test: - Sample sits in a mound/pile above the fork; a small amount may flow through and form a short tail below the fork tines/prongs, but it does not flow or drip continuously through the prongs of a fork Spoon Tilt Test: - Cohesive enough to hold its shape on the spoon - A full spoonful must pop off the spoon if the spoon is tilted or turned sideways or shaken lightly; a very gentle flick may be necessary to dislodge the sample from the spoon, but the sample should slide off easily with very little food left on the spoon. A thin film remaining on the spoon after the Spoon Tilt Test is acceptable, however, you should still be able to see the spoon through the thin film, i.e., the sample should not be firm and sticky - May spread out slightly or slump very slowly on a flat plate Chopstick Test: Chopsticks are not suitable for this texture Finger Test: It is just possible to hold a sample of this texture using fingers. The texture slides smoothly and easily between the fingers and leaves noticeable coating	Carrot Level 4 Pureed Extremely thick	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 4 Chewing not required for puree (food), level 4 homogeneous puree (drink) - Commonly referred to as Full Puree Meal (food) (for reference only, full pureed meal approximates the texture level of pureed) and Extremely Thick (drink) in Hong Kong medical standard - Japan Universal Design Food (UDF) (using hardness as reference standard): Level 4 chewing not required
Level 5	Minced & moist	<ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> · Paediatric: equal to or less than 2 mm width and no longer than 8 mm in length · Adult: equal to or less than 4 mm width and no longer than 15 mm in length - Lumps are easy to squash with tongue 	<ul style="list-style-type: none"> - Biting is not required - Minimal chewing is required - Tongue force alone can be used to separate the soft small particles in this texture - Tongue force is required to move the bolus - Pain or fatigue on chewing - Missing teeth, poorly fitting dentures 	<2 x 10 ⁴	Nil	< (-55)	0.8 - 1	Fork Pressure Test: - When pressed with a fork the particles should easily be separated between and come through the tines/prongs of a fork - Can be easily mashed with little pressure from a fork (pressure should not make the thumb nail blanch to white) Fork Drip Test: - When a sample is scooped with a fork it sits in a pile or can mound on the fork and does not easily or completely flow or fall through the tines/prongs of a fork Spoon Tilt Test: - Cohesive enough to hold its shape on the spoon - A full spoonful must slide/pour off/fall off the spoon if the spoon is tilted or turned sideways or shaken lightly; the sample should slide off easily with very little food left on the spoon, i.e., the sample should not be sticky - A scooped mound may spread or slump very slightly on a plate Chopstick Test: - Chopsticks can be used to scoop or hold this texture if the sample is moist and cohesive and the person has very good hand control to use chopsticks Finger Test: - It is possible to easily hold a sample of this texture using fingers; small, soft, smooth, rounded particles can be easily separated using fingers. The material will feel moist and leave fingers wet.	Carrot Level 5 	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 5 Food squashable with tongue - Commonly referred to as Soft Meal/ Shredded Meal/ Minced Meal/ Minced Congee Meal/ Smooth & Soft Meal/ Puree Rice Meal/ Puree Congee Meal in Hong Kong medical standard - Japan Universal Design Food (UDF) (using hardness as reference standard): Level 3 Can be squashed with tongue

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Level 6	Soft & bite-sized	<ul style="list-style-type: none"> - Can be eaten with a fork, spoon or chopsticks - Can be mashed/broken down with pressure from fork, spoon or chopsticks - A knife is not required to cut this food, but may be used to help load a fork or spoon - 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 - Paediatric: 8mm pieces (no larger than) - Adult: 15 mm = 1.5 cm pieces (no larger than) 	<ul style="list-style-type: none"> - Biting is not required - Chewing is required - Tongue force and control are required to move the food and keep it within the mouth for chewing and oral processing - Tongue force is required to move the bolus for swallowing - Pain or fatigue on chewing - Missing teeth, poorly fitting dentures 	<5 x 10 ⁴	Nil	< (-55)	0.8 - 1	<p>Fork Pressure Test:</p> <ul style="list-style-type: none"> - Pressure from a fork held on its side can be used to 'cut' or break apart or flake this texture into smaller pieces - When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork is removed. Does not return to its original shape when the fork is removed. <p>Spoon Pressure Test:</p> <ul style="list-style-type: none"> - Pressure from a spoon held on its side can be used to 'cut' or break this texture into smaller pieces. - When a sample the size of a thumb nail (1.5 cm x1.5 cm) is pressed with the base of a spoon, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the spoon is removed. <p>Chopstick Test: Chopsticks can be used to break this texture into smaller pieces or puncture food</p> <p>Finger Test:</p> <ul style="list-style-type: none"> - Use a sample the size of a thumb nail (1.5 cm x 1.5 cm). It is possible to squash a sample of this texture using finger pressure such that the thumb and index fingernails blanch to white. The sample breaks apart and will not return to its initial shape once pressure is released. 	Carrot Level 6	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 6 Soft food squashable with gum - Commonly referred to as Soft Meal/ Shredded Meal/ Minced Meal/ Minced Congee Meal/ Smooth & Soft Meal/ Puree Rice Meal/ Puree Congee Meal in Hong Kong medical standard - Japan Universal Design Food (UDF) (using hardness as reference standard): Level 2 Can be squashed with gum
Level 7EC	Easy to Chew	<ul style="list-style-type: none"> - Normal, everyday foods of soft/tender textures that are developmentally and age appropriate - Any method may be used to eat these foods - Sample size is not restricted at Level 7, therefore, foods may be of a range of sizes - Paediatric: smaller or greater than 8mm pieces - Adult: smaller or greater than 15 mm = 1.5 cm pieces - Does not include hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones - May include 'dual consistency' or 'mixed consistency' foods and liquids 	<ul style="list-style-type: none"> - Requires the ability to bite soft foods and chew and orally process food for long enough that the person forms a soft cohesive ball/bolus that is 'swallow ready'. Does not necessarily require teeth. - Requires the ability to chew and orally process soft/tender foods without tiring easily - May be suitable for people who find hard and/or chewy foods difficult or painful to chew and swallow - This level could present a choking risk for people with clinically identified increased risk of choking, because food pieces can be of any size. Restricting food piece sizes aims to minimize choking risk (e.g., Level 4 Pureed, Level 5 Minced & Moist, Level 6 Soft & Bite-sized have food piece size restrictions to minimize choking risk) - This level may be used by qualified clinicians for developmental teaching, or progression to foods that need more advanced chewing skills - If the person needs supervision to eat safely, before using this texture level consult a qualified clinician to determine the person's food texture needs, and mealtime plan for safety - People can be unsafe to eat without supervision due to chewing and swallowing problems and/or unsafe mealtime behaviours - Examples of unsafe mealtime behaviours include not chewing very well, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food, inability to self-monitor chewing ability - Clinicians should be consulted for specific advice for patient needs, requests and requirements for supervision - Where mealtime supervision is needed, this level should only be used under the strict recommendation and written guidance of a qualified clinician 	<5 x 10 ⁵	Nil	< (-55)	0.8 - 1	<p>Fork Pressure Test:</p> <ul style="list-style-type: none"> - Pressure from a fork held on its side can be used to 'cut' or break apart or flake this texture into smaller pieces - When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork is removed. Does not return to its original shape when the fork is removed. <p>Spoon Pressure Test:</p> <ul style="list-style-type: none"> - Pressure from a spoon held on its side can be used to 'cut' or break this texture into smaller pieces. - When a sample the size of a thumb nail (1.5x1.5cm) is pressed with the base of a spoon to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape and does not return to its original shape when the spoon is removed. <p>Chopstick Test:</p> <ul style="list-style-type: none"> - Chopsticks can be used to puncture this texture <p>Finger Test:</p> <ul style="list-style-type: none"> - Use a sample the size of a thumb nail (1.5x1.5cm). It is possible to squash a sample of this texture using finger pressure such that the thumb and index fingernails blanch to white. The sample squashes and breaks apart and will not return to its initial shape once pressure is released. 	Carrot Level 7EC	<ul style="list-style-type: none"> - Taiwan Food and Drink Texture Preparation Guidelines Proposal: Level 7 Easy to chew regular food - Commonly referred to as Soft Meal/ Shredded Meal/ Minced Meal/ Minced Congee Meal/ Smooth & Soft Meal/ Puree Rice Meal/ Puree Congee Meal in Hong Kong medical standard - Japan Universal Design Food (UDF) (using hardness as reference standard): Level 1 Easy to chew
Level 7	Regular	<ul style="list-style-type: none"> - 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 - Sample size is not restricted at this level, therefore, foods may be of a range of sizes - Paediatric: smaller or greater than 8 mm pieces - Adult: smaller or greater than 15 mm = 1.5 cm pieces - Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits - Includes food that contains pips, seeds, pith inside skin, husks or bones - Includes 'dual consistency' or 'mixed consistency' foods and liquids 	<ul style="list-style-type: none"> - Ability to bite hard or soft foods and chew them for long enough that they form a soft cohesive ball/bolus that is 'swallow ready' - An ability to chew all food textures without tiring easily - An ability to remove bone or gristle that cannot be swallowed safely from the mouth 	Nil	Nil	Nil	Nil	Nil	Nil	<ul style="list-style-type: none"> - Commonly referred to as Regular Meal in Hong Kong medical standard

Note:
 1. Refer to the International Dysphagia Diet Standardisation Initiative (IDDSI) - Complete IDDSI Framework detailed definitions 2.0 | 2019, website: <https://bit.ly/3LF9njT>
 2. The values of the manufacturer/importer testing methods are for reference only. It is recommended that even if they meet the specified testing requirements of a certain level, a dual verification should be conducted using the testing methods recommended by IDDSI.
 3. This guideline aims to provide users with a reference by comparing commonly used standards from different regions. However, the levels of different standards may not necessarily correspond completely.

