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What is IDDSI?

International Dysphagia Diet Standardisation Initiative

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global standard with terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and for all cultures.

The IDDSI framework consists of a continuum of 8 levels (0-7). Levels are identified by text labels, numbers, and colour codes to improve safety and identification. The standardised descriptors and testing methods will allow for consistent production and easy testing of thickened liquids and texture modified foods.



How thick is thick?
 How fine is minced?

IDDSI Testing methods will help to ensure correct textures and thicknesses.

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IDDSI Detailed Descriptors & Testing Methods
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