



3 LIQUIDISED



Use of Level 3 Liquidised Food for Adults

What is this thickness level?

Level 3 – Liquidised Food:

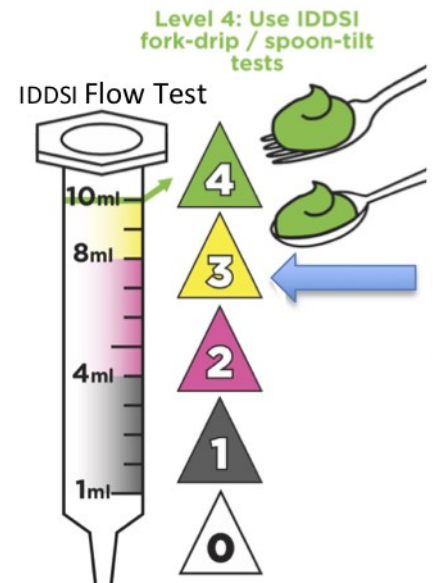
- ✓ Can be eaten with a spoon or drunk from a cup
- ✓ **Cannot** be eaten with a fork because it drips through the fork prongs
- ✓ Has a smooth texture with no ‘bits’ (lumps, fibers, husk, bits of shell or skin, particles of gristle or bone)

Why is this thickness level used for adults?

Level 3- Liquidised foods may be used if you have trouble moving your tongue. The thicker consistency gives more time for the tongue to “hold and move” the liquidised food. It is easiest to eat liquidised food with a spoon. Seek help about nutrition when using this texture to be sure you are getting the right amount of nutrition to meet your needs.

How do I measure my liquid or drink to make sure it is Level 3 Liquidised?

It is safest to measure the thickness of Liquidised food using the IDDSI Flow Test *and* the IDDSI Fork Test. These tests measure how thick a liquid is by how fast it flows through a 10 mL syringe in 10 seconds and how quickly it flows through the prongs of a dinner fork. IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 3 – Liquidised foods there should be **no less than 8 mL remaining** in the syringe after 10 seconds of flow. Your clinician may give you a specific number between 8-10 mL to aim for. Using the IDDSI Fork Test the liquid drips slowly in dollops through the prongs of a fork.

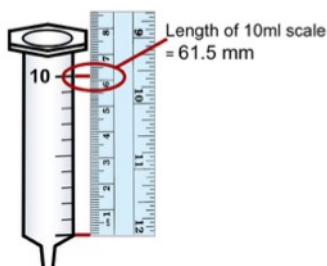


See videos of the IDDSI Flow Test and IDDSI Fork Drip Test at

www.IDDSI.org/framework/drink-testing-methods/

Before you test...

You **must check** your syringe because there are differences in syringe lengths. Your syringe should look like this



IDDSI Fork Drip Test

Drips slowly in dollops through the prongs of a fork

