7 REGULAR

IDDSI
International Oysphagia Diet Standardisation Initiative
www.iddsi.org

Level 7 Regular for Adults

What is this food texture level?

[ŜØŜƭ ƭπ wŜƎdzƒΙΦΝ CƷƷŘǎΥ

- b2ΝΥΙΦΣ ŜØŜΝȝȝŘΙΦȝ ƬƷƷŘǎ 2Ƭ ØΙΦΝȝ2dzǎ ΰŜȝΰdzΝŜǎ ΰΚΙΦΰ ΙΦΝŜ ŘŜØŜƭƷLJΥŜyΰΙΦƭƭȝ ΙΦyŘ ΙΦƎŜ ΙΦLJLJΝƷLJΝȝΙΦΰŜ
- !ōȝƭȝΰȝ ΰƷ ΨōȝΰŜ 2ƬƬΨ LJȝŜŎŜǎ 2Ƭ ƬƷƷŘ ȝǎ ΝŜΙjdzȝΝŜŘ
- /ΚŜØȝΥƎ ΙΦōȝƭȝΰȝ ȝǎ ΝŜΙjdzȝΝŜŘ ƬƷΝ ΚΙΦΝŘ *ΙΦyŘ* ǎƷƬΰ ƬƷƷŘ
- !ōȝƭȝΰȝ ΰƷ ŎΚŜØ ΙΦƭƭ ΰȝLJŜǎ 2Ƭ ƬƷƷŘ ΰŜȝΰdzΝŜǎ ØȝΰΚƷdzΰ ΰȝΝȝΥƎ ŜΙΦǎȝƭȝ
- aΙΦȝ ȝΥŎƭdzŘŜ ΨΥȝȝŜŘ ŎƷyǎȝǎΰŜΥŎȝΨ ƬƷƷŘǎ ƭƬƷΝ ŜȝΙΦΥLJƭŜΣ ŎŜΝŜΙΦƭ ØȝΰΚ ΥȝƭΨ ƷΝ ǎƷdzLJ ØȝΰΚ ØŜƎŜΰΙΦōƭŜǎ LJȝŜŎŜǎΰ LyŎƭdzŘŜǎ ǎΙΦyŘØȝŎΚŜǎ

Why is this food texture level used for adults?

[ŜØŜƭ ƭπ wŜƎdzƒΙΦΝ ƬƷƷŘ ΥΙΦȝ ōŜ dzǎŜŘ ƭƬ ȝƷdz ***Ř2 y2ΰ*** ΚΙΦØŜ LJΝƷōƭŜΥǎ ØȝΰΚ ŎΚŜØȝΥƎ 2Ν ǎØΙΦƭƭ2ØȝΥƎ ΰΚΙΦΰ Ø2dzƭŘ ȝyŎΝŜΙΦǎŜ ȝƷdzΝ ΝȝǎȝΨ ƬƷΝ ŎΚƷΨȝΥƎΦ {ŜΝØŜ ƬƷƷŘ ΙΦǎ yƷΝΥΙΦƭ ØȝΰΚƷdzΰ ΝŜǎΰΝȝŎΰȝƷy ƷY ΰΚŜ ǎȝÎŜ 2Ƭ ΰΚŜ LJȝŜŎŜǎ 2Ν ΰΚŜ ΰŜȝΰdzΝŜ 2Ƭ ΰΚŜ ƬƷƷŘΦ

How do I test my food to make sure it is Level 7 Regular?

¢ΚŜΝŜ ΙΦΝŜ yƷ ǎLJŜŎȝƬȝŎ ΰŜǎΰǎ ƬƷΝ [ŜØŜƭ ƭ wŜƎdzƒΙΦΝ

LyΰŜyŘŜŘ ƬƷΝ ƎŜyŜΝΙΦƭ ȝyƬƷΝΥΙΦȝƷy ƷyƬȝΦ ƭƭŜΙΦǎŜ ŎƷyǎdzƭΰ ØȝΰΚ ȝƷdzΝ ΚŜΙΦƭΰΚ ŎΙΦΝŜ LJΝƷƬŜǎǎȝƷyΙΦƭ ƬƷΝ ǎLJŜŎȝƬȝŎ ΙΦŘØȝŎŜ ƬƷΝ ȝƷdzΝ yŜŜŘǎ

¦ǎŜŘ ØȝΰΚ LJŜΝΥȝǎǎȝƷy ΨƷ2Y ƛ55{L ØØØΨƛ55{ƭƷ2ΝƎ dzyŘŜΝ /ΝŜΙΦΰØŜ /2YΥ2yǎ !ΰΰΝΝŌdzΰȝ2yƭ{ΚΙΦΝŜΙΦƭƭ ΙΦyŜΝyΙΦΰȝ2yΙΦƭ [ŎŜyǎŜ ΚΰΰLJǎΨȝȝΚΰΝŜΙΦΰØŜŎ2ΥΥ2yǎ#2ΝƎȝΚƭŎŜyǎŜǎȝΚŌȝƭΙΦȝΚΦȝΚ @ É @ ΨΙΦyŌdzΙΦΝȝƭ ΚΙΦΝΨƭΦ