LIQUIDS: Comparing the UK National Descriptors with IDDSI

The IDDSI Levels are clearly defined by measurement using the flow test for Levels 0-3 and the spoon/fork tests for Level 4.

Use IDDSI tests or new product guidelines to determine IDDSI Level.

The descriptors broadly match the IDDSI levels 0-4. However these are subjective, not specific.

Product labelling with National Descriptors was not definitive.

Don’t assume a certain product maps across directly to a certain IDDSI Level.

“Needs to be taken with a spoon…”

“Leaves a thick coat on the back of a spoon…”

“Leaves a thin coat on the back of a spoon…”

“Leaves a coating on an empty glass…”

The IDDSI Levels:
- Stage 3: NORMALLY THICK
- Stage 2: MODERATELY THICK
- Stage 1: SLIGHTLY THICK
- Thin
- Naturally Thick
- THIN

www.iddsi.org
How thick is your drink?

Moving from National Descriptors to IDDSI

The IDDSI Levels are clearly defined by measurement using the flow test for Levels 0-3 and the spoon/fork tests for Level 4.

Use IDDSI tests or revised product guidelines to determine IDDSI Level.

Product labelling with National Descriptors was estimated. Not definitive.

The descriptors broadly match the IDDSI levels 0-4. But descriptors are subjective, not specific.

www.iddsi.org

Stage 3
Stage 2
Stage 1
Naturally Thick
Thin

“Needs to be taken with a spoon…”
“Leaves a thick coat on the back of a spoon…”
“Leaves a thin coat on the back of a spoon…”
“Leaves a coating on an empty glass…”

DRINKS
LIQUIDS: From UK National Descriptors to IDDSI

Subjective, estimated
The categories were not clearly defined.
“Needs to be taken with a spoon…”
“Leaves a thick coat on the back of a spoon…”
“Leaves a thin coat on the back of a spoon…”
“Leaves a coating on an empty glass”

Objective, measured
The IDDSI Levels are defined by measurement using the flow test for Levels 0-3 and the spoon/fork tests for Level 4.

The descriptors broadly match the IDDSI levels 0-4. But descriptors are subjective, not specific.

The UK National Descriptors for Texture Modification in Adults

National Descriptors for Texture Modification in Adults

LIQUIDS: From UK National Descriptors to IDDSI

Objective, measured
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Objective, measured
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