



4 PUREED



Level 4 Pureed Food for Adults

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if you are not able to bite or chew food or if your tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

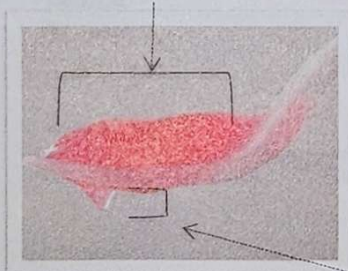
It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

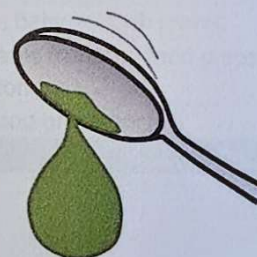
Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test

Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Pureed food must pass both tests!

Intended for general information only

Please consult with your health care professional for specific advice for your needs



4 PUREED



For safety, **AVOID** these food textures that pose a choking risk for adults who need Level 4 Pureed food

Food characteristic to AVOID	Examples of foods to AVOID
Mixed thin + thick textures	Soup with pieces of food, cereal with milk
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips and crisps
Crumbly bits	Dry cake crumble, dry biscuits
Pips, seeds	Apple seeds, pumpkin seeds, white of an orange
Food with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
Foods with husks	Corn, shredded wheat, bran
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Round, long shaped food	Sausage, grape
Sticky or gummy food	Nut butter; overcooked oatmeal/porridge, edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example, cheese topping, mashed potato
'Floppy' food	Lettuce, cucumber, baby spinach leaves
'Juicy' food	Where juice separates from the food piece in the mouth, for example watermelon
Visible lumps	Lumps in pureed food or yoghurt
Extra Clinician notes	

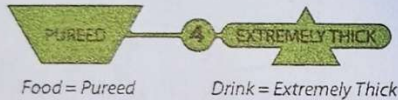
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It is recommended that

(Patient's name) _____

consume ☐ PUREED FOOD
☐ EXTREMELY THICK LIQUIDS

This is considered the International Dysphagia Diet Standardization Initiative (IDDSI) level four for adults.



The IDDSI provides the following characteristics/descriptions for extremely thick/pureed consistencies:

- You can use both a fork and a spoon, although a spoon is recommended.
- It cannot be consumed from a cup or through a straw because it does not flow easily.
- It does not require chewing.
- It holds its shape to be layered or molded.
- It cannot be poured because it does not flow easily.
- It falls off the spoon in a single spoonful.
- It does not have lumps.
- It is not sticky, such as creamy peanut butter. If it is too sticky, you may notice an increase in residue in the mouth.
- Liquid does not separate from the solid.

The IDDSI provides the following reasoning regarding the need for extremely thick/pureed consistencies:

- ☐ This person's tongue control is significantly reduced; therefore, this consistency may be the easiest to control.
- ☐ This person has missing teeth or poorly fitted dentures. No biting or chewing is required.
- ☐ This person experiences pain while chewing or swallowing. No biting or chewing is required.
- ☐ Other: _____

The IDDSI recommends the following ways to test for correct consistency at home:

- **Fork Drip Test:** Sits in a mound/pile on top of the fork. A small amount may flow through the fork prongs and form a short tail but does not continuously drip.
- **Fork Pressure Test:** Smooth with no lumps and minimal granulation, or small particles. When a fork is pressed, the fork prongs make a clear pattern on the surface and/or it holds the indentation of the fork.
- **Spoon Tilt Test:** Holds its shape on the spoon. A full spoonful must fall off of the spoon at one time if the spoon is tilted or turned on its side. Using two fingers and the wrist, a flick may be necessary to dislodge the material from the spoon. A thin film may remain on the spoon, but you should be able to see the spoon through it.



During preparation of meals, it is important to remember the following:

- Continue to eat a variety of foods to meet your nutritional needs.
- Check your weight and supplement with other safe nourishment as needed.
- Make the food look appetizing.
- Puree foods separately to maintain their own color and flavor.
- Reheat food to make it warm.

Ideas for Foods:

- Hummus
- Pureed fruit, vegetables, and meats.
- Yogurt without bits/pieces.

These are NOT official IDDSI resources, educational materials or education programs and they are NOT meant to replace materials and resources on www.IDDSI.org

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