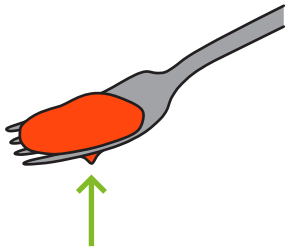
simplythick® EasyMix™

PROUD SUPPORTER OF IDDSI
International Dysphagia Diet Standardisation Initiative
PLATINUM SPONSOR

4 PUREED CRITICAL TESTS

Appearance: No lumps.
No separate thin liquids.

Fork Drip Test:
Food sits in a mound above dinner fork.



Small tail is allowed but cannot drip or flow through fork.

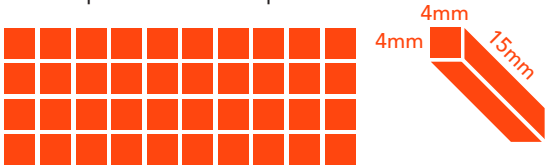
Spoon Tilt Test:
Holds shape on metal teaspoon. Food slides off teaspoon with flick, little residue left – **not sticky.**



Sample may spread or slump slowly on a flat plate. Use thickened sauce, broth, or gravy to control weeping.

5 MINCED & MOIST CRITICAL TESTS

Appearance: Lumps less than 4mm x 4mm x 15mm for adults.
No separate thin liquids.



Fork Pressure Test:
Can be easily mashed with little pressure from metal dinner fork. Food separates and comes through prongs of dinner fork easily.



Spoon Tilt Test:
Holds shape on metal teaspoon. Food slides off teaspoon with flick, little residue left – **not sticky.**



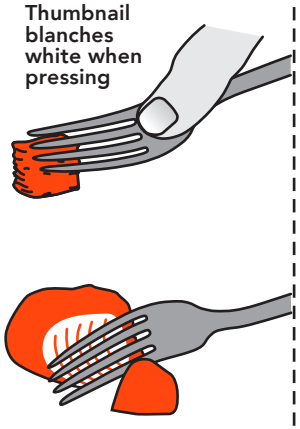
Sample may spread or slump slowly on a flat plate. **No weeping** — Use thickened liquid to control weeping.

6 SOFT & BITE SIZED CRITICAL TESTS

Appearance: Pieces less than 15mm x 15mm x 15mm for adults.
No separate thin liquids.



Fork/Spoon Pressure Test:
Push down on a 15mm x 15mm sample with a metal dinner fork or teaspoon, with enough pressure that thumbnail blanches / turns white. Sample will not return to original shape.



Sample can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side.

Must meet all critical test standards for 30 minutes after serving.

Use SimplyThick® EasyMix™ to thicken gravy, sauce, stock, broth or water to control weeping/thin liquids.

These are not official IDDSI resources, educational materials or programs and are not meant to replace materials and resources on www.iddsi.org © The International Dysphagia Diet Standardisation Initiative 2019 @ iddsi.org/framework. Licensed under the CreativeCommons Attribution Sharealike 4.0 License creativecommons.org/licenses/by-sa/4.0/legalcode.