

“We Test for Safety”

**IDDSI Levels:
Pureed (Level 4)**



Abbreviation	PU4
Food Characteristics	<p>Smooth, moist, free of lumps, not sticky, not firm. No separate thin liquid.</p> <p>Can be piped, layered, or molded as it retains shape; no biting or chewing required; falls off spoon in a single spoonful when tilted/flicked.</p> <p>Usually eaten with a spoon, cannot be poured, drunk from a cup, or sucked through a straw as it does not flow easily.</p>
Food Piece Size	All foods must be pureed.
Individual’s Degree of Chewing and/or Swallowing Problems	Dysphagia. Serious chewing and swallowing difficulty. Pain or fatigue when eating.
IDDSI Tests	Appearance, Fork Drip Test, Spoon Tilt Test. Preferred but not critical: Fork Pressure Test.



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