

Liquidised food (IDDSI level 3)

Liquidised food looks like a fruit smoothie.

- It is smooth with no lumps, fibres or seeds.
- It can be swallowed without chewing.
- It can be eaten with a spoon.



Recommended foods and foods to avoid

✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none">✓ Jelly.✓ Ice cream.✓ Soup.✓ Milk puddings.✓ Milkshakes.✓ Thin smoothies.✓ Milk-based drinks and supplements.✓ Liquidised cooked vegetables with added stock or fluid.✓ Liquidised cooked fruit with added fruit juice.	<ul style="list-style-type: none">✗ All food with thick or solid textures.

Liquidised food (IDDSI level 3)

Notes or preparation tips

Written by speech–language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

This is NOT an official IDDSI resource, educational material or education program and it is NOT meant to replace materials and resources on [IDDSI.org](https://iddsi.org). See [IDDSI.org](https://iddsi.org) for the most current information and resources. IDDSI descriptors © The International Dysphagia Diet Standardisation Initiative 2019 @ iddsi.org/framework/. Licensed under the Creative Commons Attribution Sharealike 4.0 License creativecommons.org/licenses/by-sa/4.0/legalcode. Derivative works extending beyond language translation are NOT PERMITTED.