























IDDSI Mapping Guide for Adults

☑ = passes IDDSI Audit Tool for Food Level

☒ = does not pass IDDSI Audit Tool for Food Level









CEREAL	7 EASY TO CHEW	6 SOFT & BITE-SIZED	5 MINCED & MOIST	4 PUREED
ALL-BRAN Flakes® cereal	☑	☒ <i>*did not pass Appearance test & Fork/Spoon Pressure Test</i>	☒ <i>*did not pass Fork Pressure Test</i>	☒ <i>*did not pass Appearance test</i>
ALL-BRAN Original® cereal	☑	☒ <i>*did not pass Appearance Test</i>	☒ <i>*did not pass Appearance Test & Fork Pressure Test</i>	☒ <i>*did not pass Appearance Test</i>
Kellogg's Corn Flakes® cereal	☒ <i>*did not pass Fork/Spoon Pressure Test</i>	☒ <i>*too crispy; did not pass Appearance test & Fork/Spoon Pressure Test</i>	☒ <i>*did not pass Appearance Test & Fork Pressure Test</i>	☒ <i>*did not pass Appearance Test</i>
FROOT LOOPS® cereal	☒ <i>*did not pass Fork/Spoon Pressure Test</i>	☒ <i>*did not pass Appearance test & Fork Pressure Test</i>	☒ <i>*did not pass Appearance Test, Fork Pressure Test</i>	☒ <i>*did not pass Appearance Test</i>
Kellogg's Frosted Flakes® cereal	☒ <i>*did not pass Fork/Spoon Pressure Test</i>	☒ <i>*too crispy; did not pass Appearance test & Fork/Spoon Pressure Test</i>	☒ <i>*too crispy; did not pass Appearance Test</i>	☒ <i>*did not pass Appearance Test</i>

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CEREAL	7 EASY TO CHEW	6 SOFT & BITE-SIZED	5 MINCED & MOIST	4 PUREED
RICE KRISPIES® cereal				
SPECIAL K® Original cereal	 *did not pass Fork/Spoon Pressure Test	 *did not pass Appearance test	 *too crispy; did not pass Appearance Test	 *too crispy; did not pass Appearance Test
Kellogg's TWO SCOOPS Raisin Bran® cereal	 *did not meet IDDSI criteria as contains dried fruits-raisins	 *did not meet IDDSI criteria as contains dried fruits-raisins	 *did not meet IDDSI criteria as contains dried fruits-raisins	 *did not meet IDDSI criteria as contains dried fruits-raisins
VECTOR® meal replacement	 *did not pass Fork/Spoon Separation Test and Fork/Spoon Pressure Test	 *too crispy; did not pass Appearance test & Fork/Spoon Pressure Test	 *too crispy; did not pass Appearance Test & Fork Pressure Test	 *too crispy; did not pass Appearance Test
Mini-Wheats® Original cereal (white frosting)		 *did not pass Appearance test	 *did not pass Appearance Test & Fork Pressure Test	 *did not pass Appearance Test

Disclaimer: All products were tested at room temperature. Results may vary dependent on methods of preparation, and type of thickener used specific to your foodservice operation. Temperature changes can impact IDDSI levels for foods and generally colder temperatures can produce a thicker or stickier product.


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IDDSI LEVEL	Cereal Meeting IDDSI Criteria	Preparation	Particle Size	IDDSI Tests Used	Meets Criteria At		
					Time of Service	15 min after service	30 min after service
 EASY TO CHEW	<ul style="list-style-type: none"> ❖ALL-BRAN Flakes® cereal ❖ALL-BRAN ORIGINAL® cereal ❖RICE KRISPIES® cereal ❖Mini-Wheats® Original cereal 	<p>Cereal was tested by adding milk to fully soften cereal and allowed to soak in the refrigerator for min. of 20 minutes at <4°C/40°F. Excess milk was drained before serving.</p> <p>Serve cereal after texture softens and the milk is drained.</p>	No restriction	Fork/Spoon Separation Test + Fork/Spoon Pressure Test			
 SOFT & BITE-SIZED	❖RICE KRISPIES® cereal	<p>Cereal was tested dry for particle size. Milk was then added to fully soften cereal and allowed to soak in the refrigerator for min. of 20 minutes at <4°C/40°F. All milk was drained before serving.</p> <p>Serve cereal with pieces no bigger than 15 mm x 15 mm after texture fully softens and the milk is drained.</p>	<p>Cereal intended to mimic a 'bite of food'- must be equal or less than for:</p> <p>Adults 15 mm x 15 mm</p>	Appearance + Fork/Spoon Pressure Test			

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IDDSI LEVEL	Cereal Meeting IDDSI Criteria	Preparation	Particle Size	IDDSI Tests Used	Meets Criteria At		
					Time of Service	15 min after service	30 min after service
 MINCED & MOIST	❖RICE KRISPIES® cereal	<p>Cereal was placed into a food processor/blitzer/chopper. It was mechanically processed until small lumps were visible.</p> <p>Cereal was tested by placing the equivalent weight of 250 ml/1 cup of mechanically processed cereal into bowl and adding 2% milk (125 ml/1/2 cup) & instant food & beverage thickener (3 ml/½ tsp). Cereal was held at <4°C/40°F for 20 minutes to allow it to soften and thicken.</p> <p>Serve cereal thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal.</p>	<p>Cereal intended to mimic a 'chewed bolus' – must be equal to or less than for:</p> <p>Adults 4mm width & no longer than 15mm in length</p>	Appearance + Fork Pressure Test + Spoon Tilt Test	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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IDDSI LEVEL	Cereal Meeting IDDSI Criteria	Preparation	Particle Size	IDDSI Tests Used	Meets Criteria At		
					Time of Service	15 min after service	30 min after service
	❖ RICE KRISPIES® cereal	<p>Cereal was placed into a food processor/ blender/chopper. It was mechanically processed until it was a powder.</p> <p>Cereal was tested by placing the equivalent weight of 250 ml/1 cup of mechanically processed cereal into bowl and adding 2% milk (200 ml/3/4 cup) & of instant food & beverage thickener (3 ml/½ tsp). Cereal was held at <4°C/40°F for 20 minutes to allow it to soften and thicken.</p>	No lumps (like pudding).	Appearance + Fork Drip Test + Spoon Tilt Test	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Disclaimer: All cereals were tested by adding milk and allowed to soak until their texture was fully softened. Excess liquid was drained before serving Level 7- Easy to Chew, and Level 6-Soft & Bite Sized. Cereals that were mechanically processed for Level 5-Minced & Moist and Level 4- Pureed were tested at <4°C/40°F. Results may vary dependent on cereal used, amount of milk, thickener type chosen, and methods of preparation used specific to the foodservice operation. Temperature changes can impact IDDSI levels for foods and generally colder temperatures can produce a thicker or stickier product.