



Food level safety check (for adults)

- 01 Check if person has Speech & Language Therapy recommendations for food
- 02 Check food matches required level
- 03 Ensure that no hard pieces, crust or skin has formed during cooking or standing
- 04 Serve food



Swallowing Advice: IDDSI Regular

- ✓ No restrictions
- ✓ Normal everyday foods of various textures and a range of sizes
- ✓ Sample size is not restricted.



Swallowing Advice: IDDSI Soft & Bite-sized

- ✓ Can be mashed/broken down with little pressure from a fork or spoon
- ✓ 'Bite-sized' pieces no larger than 1.5cm* x 1.5cm* (usually the width of a standard dinner fork)
- ✓ Soft, tender and moist
Chewing is required before swallowing
- ✗ A knife is not required to cut the food but may be used to help load a fork
- ✗ No separate thin liquid.



Swallowing Advice: IDDSI Pureed

- ✓ Can be eaten with a spoon or fork
- ✓ Slides off a spoon/fork when tilted
- ✓ Stays in one shape on a plate
- ✓ Can be piped, layered or moulded
- ✗ Does not require chewing
- ✗ No lumps
- ✗ Not sticky
- ✗ Liquid must not separate from solid

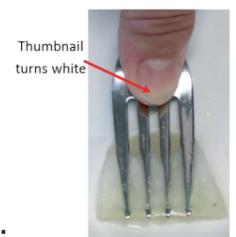


* particle size noted is for adults

See www.IDDSI.org for further guidance on Food Testing methods

Swallowing Advice: IDDSI Easy to Chew

- ✓ Normal, everyday foods of soft/tender texture, may be a range of sizes
- ✓ May include mixed consistency foods & liquids if safe for thin fluids
- ✓ Can be broken apart with the side of a fork
- ✓ To make sure the food is soft, lightly press down on the fork until your thumbnail turns white
- ✗ Does not include foods that are: hard, tough, chewy, fibrous, stringy, crunchy or crumbly. No pips/seeds, fibrous parts of fruit husks or bones.



Swallowing Advice: IDDSI Minced & Moist

- ✓ Can be scooped and shaped on a plate
- ✓ Soft and moist with small lumps visible within the food (4mm* width and no longer than 15mm* in length)
- ✓ When pressed with a fork lumps separate easily and come through the prongs of a fork
- ✓ Lumps are easy to squash with tongue
- ✗ No separate thin liquid.



Swallowing Advice: IDDSI Liquidised

- ✓ Smooth texture with no bits
- ✗ It will not retain its shape so cannot be piped, layered or moulded.
- ✗ Cannot be eaten with a fork because it drips slowly through the prongs
- ✗ No oral chewing required.

