


PATIENT: _____ **THERAPIST:** _____ **DATE:** _____



Swallowing Advice:


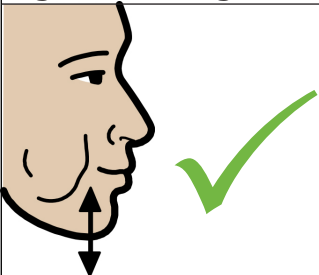
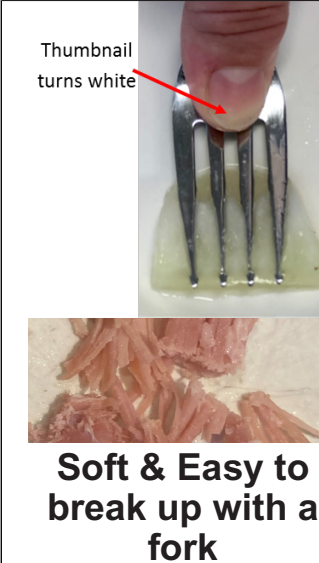
IDDSI Easy to Chew




Why do I need Easy to Chew food?

- You have some difficulty chewing hard foods
- You might usually eat soft and tender foods
- You might be weak because you have been sick.

A guide to Regular Easy to chew foods (part 1): Most everyday foods can be prepared to make them easy to chew




 <p>You must have good eating skills</p>	<ul style="list-style-type: none"> ✓ You can move your tongue and don't get tired chewing ✓ You have no swallow problems and don't have an increased risk of choking ✓ You do not need supervision and can eat in a safe way
 <p>Easy to chew</p>	<ul style="list-style-type: none"> ✓ Food is soft, easy to cut (tender) ✓ You need to chew this food before swallowing ✓ You can easily bite off a piece and chew it without getting tired
 <p>Soft & Easy to break up with a fork</p>	<ul style="list-style-type: none"> ✓ Food can be cut or broken apart with the side of a fork or spoon ✓ Softness (fork pressure) Test: <ul style="list-style-type: none"> • To make sure the food is soft, lightly press down on the fork until your thumbnail turns white. • The food should squash and change shape. • The food does NOT return to it's original shape when you take the fork away.

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Swallowing Advice:
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**A guide to Regular Easy to Chew foods (part 2):
Most everyday foods can be prepared to make them easy to chew**

 <p>Food can be any size</p>	<p>✓ You can eat food of any size, you do not need your food to be cut up</p>
 <p>Liquids can be mixed in</p>	<p>✓ Food and liquid can be mixed together (ask your Speech & Language Therapist for help with this)</p>
 <p>Final Check</p>	<p>✗ Do not eat foods that are hard, tough, chewy, have stringy textures, pips and seeds, with bones or tough fat</p> <p>✓ Remove hard pieces of food that are not safe to swallow</p>

For more examples go to: <https://iddsi.org/framework/>
 For more information on the testing methods go to: <https://iddsi.org/framework/food-testing-methods/>
 Please talk to your doctor if you are worried about anything to do with what you eat, your diet or your health.

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Difficult Foods

These foods can be much harder to chew or swallow. Do not eat these foods. Some can be made softer and easier to eat.

Please talk to your Speech and Language Therapist for advice




	Dry Foods Crackers, cake, bread, dry cereals (liquid can be added to make these easier)
	Crumbly Foods Biscuits, pie crusts, wheaten bread (liquid can be added to make these easier)
	Hard Foods Boiled sweets, nuts, raw vegetables such as carrot, cauliflower, broccoli
	Tough and chewy foods Streaky bacon, fatty meats, harder vegetables
	Crispy or crunchy foods Crispy bacon, flaky pastry, crackling, cornflakes, raw carrot and apple, popcorn
	Stringy Foods Pineapple, celery, rhubarb, green beans
	Pips, seeds Apple seeds, pumpkin seeds, white of orange
	Foods with outer skins, husks or outer shells Peas, grapes, fruit skins, sweetcorn, shredded wheat, bran
	Skin, bone or tough and fatty foods Chicken/fish/sausage skin. Chicken/fish bones or other bones and meat with gristle
	Round or long shaped foods Sausages, grapes, sweets
	Sticky or gummy foods Nut butter, marshmallows, overcooked oatmeal/porridge, edible gelatine, konjac containing jellies, sticky rice cakes
	Chewy foods Lollies/candies/sweets, cheese chunks, chewing gum, sticky mashed potatoes, dried fruits
	Sticky or gummy foods Nut butter, marshmallows, overcooked oatmeal/porridge, edible gelatine, konjac containing jellies, sticky rice cakes
	Mixed thin + thick textures, where there are solids and liquids together Soup with pieces of food, cereal, fruits salad with juice


Please talk to your doctor if you are worried about anything to do with what you eat, your diet or your health.

INTENDED FOR GENERAL INFORMATION ONLY. PLEASE CONSULT WITH YOUR HEALTH CARE PROVIDER FOR SPECIFIC ADVICE FOR YOUR NEEDS

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Here are some examples of Regular Easy to Chew food

	<p>Meat and Poultry</p> <ul style="list-style-type: none"> • Cooked soft and tender meat • Remove all skin, bone and gristle (tough pieces of meat) • If it is not soft and tender, then serve minced and moist.
	<p>Fish</p> <ul style="list-style-type: none"> • Remove skin and bones • Cooked fish should be soft enough to easily break apart with the side of a spoon or fork
	<p>Vegetable and potatoes</p> <ul style="list-style-type: none"> • Steamed or boiled vegetables cooked until soft and tender • Stir fried vegetables may be too firm for this level
	<p>Fruit</p> <ul style="list-style-type: none"> • Soft enough to break apart into smaller pieces with the side of a fork • Remove any extra juice • Remove pips, skins and tough/stringy parts eg. white of oranges <p>CAUTION! Be careful with fruit where the juice runs out from food in the mouth eg. melon</p>
	<p>Cereal</p> <ul style="list-style-type: none"> • Soften texture with milk • Drain away any extra milk or fluid before serving
	<p>Rice</p> <ul style="list-style-type: none"> • No special cooking needed at this level

	<p>Bread</p> <ul style="list-style-type: none"> • DO NOT EAT BREAD • Ask your Speech and Language Therapist about bread. They can look at this and see if it is ok to eat.
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