

**SAFETY PAUSE - CHECK FOOD LEVEL**

- 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

**7** Swallowing Advice: **IDDSI Regular**

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

**7** 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 bones.

**6** 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.

**5** 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 15 mm 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.

**4** 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

**3** 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.