

PATIENT: _____ THERAPIST: _____ DATE: _____




Swallowing Advice:

IDDSI Soft & Bite-sized

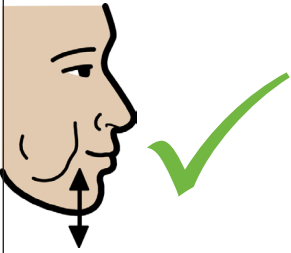
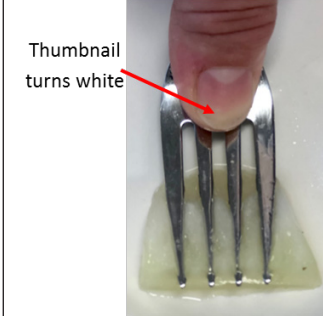
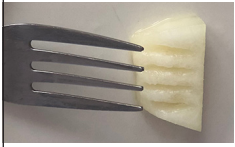



Why do I need Soft & Bite-Sized food?

- You find it hard to bite off pieces of food, but you can do some chewing
- You are more likely to get chest infections or choke on food that is not soft & bite-sized

A guide to Soft and Bite Sized food (part 1)

Most everyday foods can be prepared to make them softer and easier to eat.

 <p style="text-align: center;">Easy to chew</p>	<ul style="list-style-type: none"> ✓ Food is soft, easy to cut (tender) and moist ✓ You need to chew this food before swallowing ✗ You DO NOT need to bite bits of your food off
  <p style="text-align: center;">Soft and Easy to break up with a fork</p>	<ul style="list-style-type: none"> ✓ Food can be eaten with a fork, spoon or chopsticks ✓ 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 thumb nail 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 ✗ You DO NOT need a knife to cut this food
 <p style="text-align: center;">Sometimes needs a sauce</p>	<ul style="list-style-type: none"> ✓ You might need a thick sauce ✓ If you are taking thickened liquids, all sauces must be the same thickness ✗ No thin liquid leaking or dripping from food

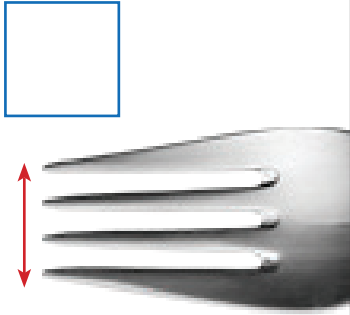

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Swallowing Advice:
IDDSI Soft & Bite-sized

Why do I need Soft & Bite-Sized food?

- You find it hard to bite off pieces of food, but you can do some chewing
- You are more likely to get chest infections or choke on food that is not soft & bite-sized

<p>A guide to Soft and Bite Sized food (part 2) Most everyday foods can be prepared to make them softer and easier to eat.</p>	
 <p>Pieces are smaller than 1.5cm x 1.5cm</p>	<p>✓ Food should be bite sized NO BIGGER than 1.5cm x 1.5cm (usually the width of a standard dinner fork)</p>
 <p>Final Check</p>	<p>✗ No hard pieces, crust or skin have formed during cooking or standing eg. cheese topping, skin on custard</p> <p>✗ Any liquid in or around the food has not thinned out</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.

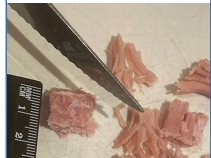





Please talk to your Speech and Language Therapist for advice


	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
	'Juicy' foods where the juice runs out from food in the mouth Melon
	'Floppy' foods Lettuces, thinly sliced cucumber, uncooked baby spinach
	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
	Chewy foods Lollies/candies/sweets, cheese chunks, chewing gum, sticky mashed potatoes, dried fruits
	Sharp and spiky foods Corn chips, crisps

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Some examples of Soft and Bite Sized food:

	<p>Meat and Poultry</p> <ul style="list-style-type: none"> • Meat must be tender and soft • Pieces must not be bigger than 1.5cm x 1.5cm • Remove all skin, bones and gristle (tough/fatty) pieces • If you cannot get the meat soft and tender, then serve it minced and moist • If your Speech and Language Therapist has said you need thickened liquids/drinks, make all sauces to the same thickness. 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">1.5 cm</div>
	<p>Fish</p> <ul style="list-style-type: none"> • Remove skin and bones • Cooked fish should be soft enough to easily break into pieces (no larger than 1.5 cm x 1.5cm size) 	
	<p>Vegetable and potatoes</p> <ul style="list-style-type: none"> • Steamed or boiled vegetables with a size of 1.5cm x 1.5cm when cooked 	
	<p>Fruit</p> <ul style="list-style-type: none"> • Remove any extra juice • Remove pips, skins and tough/stringy parts eg. white of oranges • Pieces should be soft and no bigger than 1.5cm x 1.5cm • Mash as needed eg. apple • Please see the list of difficult foods <p>CAUTION! Avoid fruit where the juice runs out from food in the mouth eg. melon</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">1.5 cm</div>
	<p>Cereal</p> <ul style="list-style-type: none"> • Smooth and fully softened • Lumps no bigger than 1.5cm x 1.5cm • Drain away any extra milk or fluid before serving 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">1.5 cm</div>
	<p>Rice, pasta and soft noodles</p> <ul style="list-style-type: none"> • Not sticky • Rice must NOT split into individual grains until soft. • Should be fluffy, NOT sticky or gluey 	

	<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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