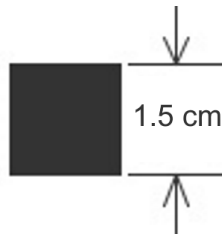


Soft and bite-sized food (IDDSI level 6)

Soft and bite-sized food looks like scrambled egg.

- It is soft and tender, in bite-sized pieces.
- It has no separate thin fluids.
- It can easily be chewed before you swallow it.
- It has no pieces bigger than 1.5 cm x 1.5 cm – this big:



How to check soft and bite-sized food

Soft and bite-sized food is the right consistency if it passes the Fork pressure test. Ask a carer or friend to help you with this test.

Fork pressure test



Press the fork until your thumbnail goes white. Then lift the fork to check that the food stays squashed.

See the IDDSI food test videos at

www.iddsi.org/framework/food-testing-methods



Recommended foods and foods to avoid

Bread, cereals, rice, pasta, noodles (grain foods)	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> ✓ Cereal with small lumps. For example, porridge, wheat biscuits soaked in milk or rice bubbles softened with fluid. ✓ Soft pasta and noodles. ✓ Rice, quinoa or couscous with a thick, smooth, non-pouring sauce to moisten it and hold it together. ✓ Rice porridge or congee. 	<ul style="list-style-type: none"> ✗ All bread. ✗ All crackers. ✗ All pastries. ✗ All cakes. ✗ All biscuits. ✗ Crispy or dry pasta. For example, the edges of a pasta bake or lasagne. ✗ Coarse or hard cereal that does not moisten easily. For example, toasted muesli and bran cereals ✗ Cereal with nuts, seeds and dried fruit.



Vegetables	
<p>✓ Recommended foods</p> <p>✓ Peeled and cooked vegetables.</p> <p>✓ mashed or chopped.</p> <p>Mince or puree vegetables that have outer casings. For example, peas and corn.</p>	<p>✗ Foods to avoid</p> <p>✗ Stir-fried vegetables.</p> <p>✗ Raw vegetables. For example, salads.</p> <p>✗ Hard to chew or stringy vegetables that cannot be mashed with a fork. For example, green beans, broccoli stalks, asparagus, puha, watercress.</p>

Fruit	
<p>✓ Recommended foods</p> <p>✓ Peeled, soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits, some berries.</p> <p>✓ Pureed fruit.</p> <p>✓ Peeled and cooked hard fruits. For example, apple, pear.</p>	<p>✗ Foods to avoid</p> <p>✗ Dried fruit.</p> <p>✗ Stringy or fibrous fruit. For example, pineapple, citrus fruit.</p> <p>✗ Crunchy raw fruit. For example, apple.</p> <p>✗ Fruits with an outer casing or pips. For example, citrus fruits, passionfruit, grapes, blueberries.</p>



Meat, fish, poultry, eggs, nuts, seeds and legumes	
<p>✓ Recommended foods</p> <ul style="list-style-type: none"> ✓ Meat, fish and shellfish served tender and chopped. ✓ White meats minced (as they can be stringy). ✓ Red meats are best slow cooked before chopping. ✓ Fish and shellfish moist and easily broken up with the edge of a fork. For example, kina, crayfish, oysters. ✓ Lentils or beans without skin, well-cooked. For example, red or yellow lentils, kidney beans, baked beans. ✓ Eggs. ✓ Crustless quiche. ✓ Small pieces of tofu. 	<p>✗ Foods to avoid</p> <ul style="list-style-type: none"> ✗ Meat with gristle or skin. For example, sausages, salami. ✗ Dry, tough, chewy or crispy meat. For example, bacon, crackling. ✗ Quiches and pies with pastry crusts. ✗ Nuts and seeds. ✗ All other beans and lentils.

Milk and milk products	
<p>✓ Recommended foods</p> <ul style="list-style-type: none"> ✓ Yoghurt. ✓ Cheese, cut to size. ✓ Custard, mousse and instant pudding. 	<p>✗ Foods to avoid</p> <ul style="list-style-type: none"> ✗ Grilled cheese.



Other	
<p>✓ Recommended foods</p> <p>✓ Soup (may contain small soft lumps).</p> <p>✓ Salsa, sauces and dips with small soft lumps. For example, hummus, guacamole.</p> <p>✓ Sweet and savoury condiments without hard lumps of fruit or vegetables.</p>	<p>✗ Foods to avoid</p> <p>✗ Soup with large or hard pieces of meat or vegetables.</p>

Notes or preparation tips

Written by speech-language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

See www.healthinfo.org.nz/Dietary-suggestions.htm for more information.

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