

Regular easy to chew food (IDDSI level 7)

Regular easy to chew food looks like macaroni cheese.

- It is soft and tender.
- It can be bitten and chewed before you swallow it.
- It can have pieces of any size.
- It can be eaten with your fingers.



How to check regular easy to chew food

Regular easy to chew food is the right consistency if it passes the Break apart test and the Fork pressure test. Ask a carer or friend to help you with these tests.

Break apart test



You can easily break this food apart with the side of a fork or spoon.

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 fluid to soften it. ✓ Soft pasta and noodles. ✓ Rice. ✓ Soft sandwiches. ✓ Muffins and moist cake. ✓ Sushi without nori or seaweed. ✓ Rice balls. 	<ul style="list-style-type: none"> ✗ Toast and crackers. ✗ Pastries and biscuits. ✗ Crispy or dry pasta. For example, the edges of a pasta bake or lasagne.

Vegetables	
✓ Recommended foods	✗ Foods to avoid
<ul style="list-style-type: none"> ✓ Vegetables, steamed or boiled until tender. ✓ Diced tomato. 	<ul style="list-style-type: none"> ✗ Raw vegetables. For example, salads. ✗ Stir-fried vegetables may be too firm.



Fruit	
<p>✓ Recommended foods</p> <p>✓ Soft, fresh or canned fruits. For example, bananas, mango, kiwifruit, stone fruits, berries.</p> <p>✓ Pureed fruit.</p> <p>✓ Hard fruits peeled and cooked until tender. 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>

Meat, fish, poultry, eggs, nuts, seeds and legumes	
<p>✓ Recommended foods</p> <p>✓ Meat, fish and shellfish served tender.</p> <p>✓ Lentils or beans.</p> <p>✓ Eggs.</p> <p>✓ Crustless quiche.</p> <p>✓ Tofu.</p>	<p>✗ Foods to avoid</p> <p>✗ Meat with gristle or skin. For example, sausages, salami.</p> <p>✗ Pies.</p> <p>✗ Nuts and seeds.</p>

Milk and milk products	
<p>✓ Recommended foods</p> <p>✓ Yoghurt.</p> <p>✓ Cheese.</p>	<p>✗ Foods to avoid</p>



Notes or preparation tips

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

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