



## Easy to Chew, Level 7 Regular, Level 7

This month we are reviewing the last level in the IDDSI framework, Level 7, Easy to Chew and Level 7, Regular. More details on this, and other levels, can be found in the **IDDSI framework** (available [here](#)).

### 7 Easy to Chew EC7

The **Easy to Chew** diet consists of normal, everyday foods of *soft, tender textures*. An easy to use tool to determine compliance is the **Easy to Chew Audit tool** (available [here](#)). This diet does not include hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits.

The ability to bite soft foods and chew and orally process food for long enough to form a soft cohesive ball/bolus that is “swallow ready”, with or without teeth is required. Fatigue is an important consideration when determining if this diet is right. The **patient handouts** for Level 7, Easy to Chew (available [here](#)) and Level 7, Regular (available [here](#)) are helpful tools to describe this diet.

#### Be aware of choking risk!

As food pieces can be any size, there is a risk of choking for people with clinically identified risk of choking.

### 7 Regular RG 7

There are NO texture restrictions at this level. The ability to bite hard or soft foods and chew them long enough that they form a cohesive ball/bolus that is “swallow ready” is required.

Did you know? As there is no restriction in texture, there is no testing method to determine what foods fit the Regular, Level 7 diet.

#### **YOUR HELP IS REQUESTED:**

The Canada IDDSI Reference Group invites you to provide input for the IDDSI Texture Modified Food Usage Survey (available [here](#))

This survey is intended to describe your needs and will be used as collective baseline data to communicate to suppliers the demand for IDDSI texture modified foods. Your input will help to bring more value & products to Canada.

Completion of this survey is requested by Thursday, September 15, 2022, to expedite collaboration with suppliers.



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