






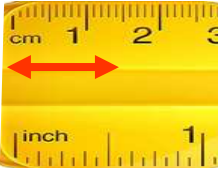
Swallowing Advice:

**IDDSI Soft and Bite Sized**

**Why do I need soft and bite sized food?**

- You have some difficulty chewing and swallowing food.
- This texture is recommended because these are **everyday foods** that require less chewing and reduce the risk of choking.

**What is soft and bite sized food?**

 <p><b>Easy to chew</b></p>	<ul style="list-style-type: none"> <li>✓ Food is soft, tender and moist.</li> <li>✓ Chewing is required before swallowing</li> </ul>
 <p><b>Easy to break up with a fork</b></p>	<ul style="list-style-type: none"> <li>✓ Food can be eaten with a fork, spoon or chopsticks.</li> <li>✓ Food can be mashed or broken down using a fork, spoon or chopsticks.</li> </ul>
 <p><b>Sometimes needs a sauce</b></p>	<ul style="list-style-type: none"> <li>✓ Thick sauces may be required.</li> </ul>
 <p><b>Pieces are smaller than 1.5cm x 1.5cm</b></p>	<ul style="list-style-type: none"> <li>✓ Food should be bite sized and <b>not bigger</b> than 1.5cm x 1.5cm.</li> </ul>

**How do I prepare soft and bite sized food?**

- Most everyday foods can be changed to make them softer and easier to eat.
- When a bite sized piece, the size of a thumbnail (1.5cm x 1.5cm) is pressed with the back of a spoon/fork it squashes and changes shape and does not return to the original shape when the cutlery is removed.

**Here are some examples of Soft and Bite sized food:**

**For more information go to: <http://iddsi.org/framework/>:**



**Meat and Poultry:**

Cooked tender meat no bigger than 1.5 cm by 1.5cm.

Remove all skin, bones and gristle.

If texture cannot be served soft and tender, serve minced and moist.

Casserole/curry liquid should be as per Speech and Language therapist's recommendations.



**Fish:**

Remove skin and bones.

Soft enough cooked fish - break into pieces no larger than 1.5cm x 1.5cm..



**Vegetables, Potatoes:**

Steamed or boiled vegetables with a final cooked size of 1.5cm x 1.5cm.

Avoid stir fried vegetables.



**Fruit:**

Drain excess juice. Remove pips, fibrous parts and skin.

Pieces should be soft and no bigger than 1.5cm x 1.5 cm.

Mash as required eg apple.

Please refer to Foods to Avoid list.



**Cereal:**

Smooth, fully softened lumps no bigger than 1.5cm x 1.5cm.

Drain any excess milk or fluid before serving.



**Rice.**

Not sticky and should not separate into individual grains when cooked.

Preferably fluffy with a sauce.



**Bread:**

Bread must be assessed by a Speech and Language Therapist.

No dry or seeded breads.

## DIFFICULT FOODS !

These foods can be especially hard to chew or swallow so need to be avoided or specially prepared so that they are soft to eat.

Please discuss them with your Speech and Language Therapist.

	<b>Dry foods</b> Crackers, cake, bread...	✗
	<b>Crumbly Foods</b> Biscuits, pie crust, wheaten...	✗
	<b>Hard foods</b> Boiled sweets, nuts...	✗
	<b>Tough or chewy foods</b> Steak, bacon, harder vegetables...	✗
	<b>Crispy or crunchy foods</b> Crisps, flaky pastry...	✗
	<b>Stringy or fibrous foods</b> Pineapple, celery...	✗
	<b>Pips, seeds, pith/inside skin. No skins or outer shells</b> Peas, grapes, fruit skins or husks like sweetcorn...	✗
	<b>Skin bone or gristle</b>	✗
	<b>Round or long shaped foods</b> Sausages, grapes, sweets. Hard chunks, like pieces of apple...	✗
	<b>Juicy food where the juice separates off in the mouth</b> Melon...	✗
	<b>Floppy foods</b> Lettuce, thinly sliced cucumber, spinach...	✗
	<b>Sticky foods</b> Some cheese, marshmallows...	✗
	<b>Mixing solid food with liquid</b> Hard cereal, fruit salad with juice and soups with food pieces...	✗

**If you have any concerns regarding your diet or you need to follow a special diet due to a medical condition, please speak to your GP who may refer you to a dietitian.**