



6 SOFT & BITE-SIZED



EXAMPLES of Level 6 Soft & Bite-Sized Food for Adults

- * **Meat** cooked tender and chopped so pieces are no bigger than 1.5cmx1.5cm lump size. If cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break and serve in pieces no bigger than 1.5cmx1.5cm
- * **Fruit** soft and chopped to pieces no bigger than 1.5cmx1.5cm pieces (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be extra careful if you are eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for instance, fruits like watermelon or other melons)
- * **Vegetables** steamed or boiled with final cooked size no bigger than 1.5cmx1.5cm. (Stir fried vegetables are *too firm* and are *not* suitable)
- * **Cereal** served with pieces no bigger than 1.5cmx1.5cm, with their texture fully softened. Drain excess liquid before serving
- * **NO REGULAR DRY BREAD due to high choking risk!** See <https://www.youtube.com/channel/UC0I9FDjwJR0L5svIGCvIqHA/featured?reload=9> for instructions on how to make a Level 5 Minced & Moist sandwich, as this is also suitable for use on Soft & Bite-Sized diet
- * **Rice** requires a sauce to moisten it and hold it together. Rice should *not* be sticky or gluey and should *not* separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together



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See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about **the width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than 1.5cm x 1.5cm bite size for adults



Soft & Bite-Sized food must pass both size and softness tests!

