



REGULAR EASY TO CHEW

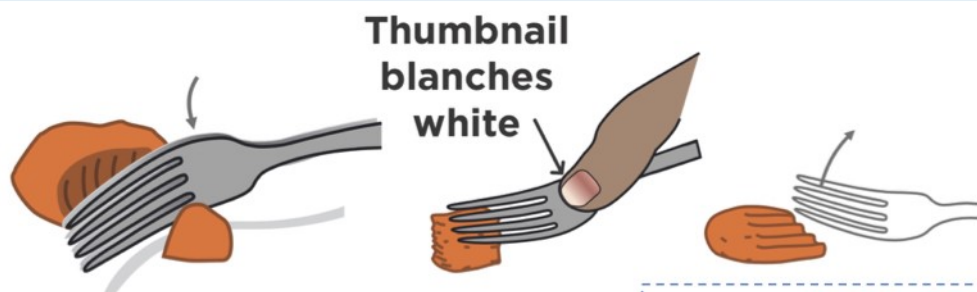


EXAMPLES of Level 7 Regular *Easy to Chew* food for Adults

- * **Meat** cooked until tender. If you cannot serve soft and tender, serve as Minced and Moist
- * **Fish** cooked soft enough to break apart easily with the side of a fork or spoon
- * **Fruit** are soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid). Do not use the fibrous parts of fruit (for example, the white parts of an orange). Be careful when eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (for example, fruits like watermelon or other melons)
- * **Vegetables** are steamed or boiled until tender. Stir fried vegetables may be too firm for this level
- * **Cereal** is served with texture softened. Drain excess liquid before serving
- * **Check with your clinician for direction about bread and sandwiches (and appropriate sandwich fillings)**
- * **Rice** does not have any special cooking requirements at this level



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



**Thumbnail
blanches
white**

Must be able to break food apart easily with the side of a fork or spoon

Easy to Chew foods must break apart easily and pass Fork Pressure Test!

IDDSI Fork Pressure Test
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