



REGULAR *EASY TO CHEW*



Avoid these food textures for adults who choose Level 7 Regular *Easy to Chew*

Food characteristic to AVOID	Examples of foods to AVOID
Hard or dry food	Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
Tough or fibrous foods	Steak, pineapple
Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
Crispy	Crackling, crisp bacon, cornflakes
Crunchy food	Raw carrot, raw apple, popcorn
Sharp or spiky	Corn chips/crisps
Pips, seeds	Apple seeds, pumpkin seeds, white of orange
Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
Sticky or gummy food	Edible gelatin, konjac containing jelly, sticky rice cakes
Stringy food	Beans, rhubarb
Extra Clinician notes	

Intended for general information only. Please consult with your health care professional for specific advice for your needs