

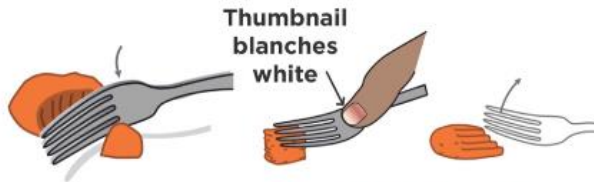
## How do I test my food to make sure it is Level 7 Regular *Easy to Chew*?

Foods should be able to be cut or broken apart with the side of a fork or spoon. It is then safest to test Regular *Easy to Chew* food using the IDDSI Fork Pressure test.

See videos of the IDDSI Fork Pressure Test at  
[www.iddsi.org/framework/food-testing-methods/](http://www.iddsi.org/framework/food-testing-methods/)



**7 EASY TO CHEW**



*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 thumb nail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape*

## Where can I find out more information?

For more information about the IDDSI (International Dysphagia Diet Standardisation Initiative) see:

- [www.iddsi.org](http://www.iddsi.org)
- [www.iddsi.org/framework](http://www.iddsi.org/framework)

For information on nutritional support and how a dietitian can help see:

- [www.bda.uk.com](http://www.bda.uk.com)

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Adult Speech and Language Therapy Service

## IDDSI Level 7 Regular *Easy to Chew* Diet



Image taken from [www.iddsi.org](http://www.iddsi.org)

Patient's name and NHS no:

Speech and Language Therapist:

Date:

**West Surrey Speech and Language Therapy**  
Adult Service  
Farnham Community Hospital  
Hale Road  
Farnham, Surrey  
GU9 9QS  
01483 908150

Your Speech and Language Therapist has recommended that you have a **Regular Easy to Chew diet** to make it easier to swallow.

### What does this mean?

Level 7 Regular *Easy to Chew* may be used if you have strong enough chewing ability to break down soft/tender foods into pieces without help, you have no increased risk of choking and do not have swallowing problems. This texture may be right for you if you usually choose to eat soft food, have weaker chewing muscles for hard/firm textures, but can chew soft and tender food without tiring easily. It may also be a good choice if you have been sick and are recovering strength.

### What is a Regular *Easy to Chew* Diet?

- Normal, everyday foods of soft/tender texture
- **Do not use foods that are:** hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle
- You should be able to 'bite off' pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow
- You should be able to chew pieces of soft and tender food, so they are safe to swallow without tiring easily
- Your tongue should be able to move food for chewing and apply pressure until the food is soft and moist enough to be easily swallowed

If you notice you are having difficulty swallowing easy to chew foods, contact your speech and language therapist or GP for advice.

### Examples of Level 7 Regular *Easy to Chew* Food for adults

**Meat** cooked until tender. If you cannot serve meat soft and tender, serve minced meat with a sauce for extra moisture.

**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 and 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.