

IDDSI: Soft & Bite-sized [Level 6]

Diet prescribed by your provider

Overview:

- Size: Adults: no bigger than 1.5cm x 1.5cm in size
- Replaces Advanced Soft Chopped Diet/ NDD Advanced.
- Food can be mashed/broken down with pressure from fork
- Foods should be Soft, tender and moist
- Testing Methods: appearance and fork pressure test

Why:

- For patients with difficulty chewing or swallowing.
- For patients who are not able to bite off pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow.
- This diet is helpful to prevent aspiration (when food/liquid goes into the lungs).

Food / Beverages:

Menu References

Menu Offerings: 1.5 cm x 1.5 cm size	Instead of:
grits, cream of wheat, oatmeal	cold cereal
pureed or soaked bread, muffins, pancakes, etc	dry/regular bread, muffins, pancakes, etc.
Rice in smooth, thick sauce	grainy or sticky rice
meats/poultry/fish that are moist and tender	meats/poultry/fish >1.5 cm in size and are hard or dry
cooked and tender vegetables (Ex. green beans, carrots)	raw vegetables
creamed peas or corn	peas/corn with tough skin
canned or cooked fruits (ex. peaches, pears)	fresh fruits with skins
soft and peeled fruits (ex. cantaloupe)	dried fruits

Watch out for thickened liquids for this diet

Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.