

## Soft and Bite Sized Diet (IDDSI Level 6)





This material will help you understand a soft and bite sized diet (IDDSI Level 6). You may have been recommended a soft and bite sized diet if you are having trouble chewing or swallowing on the advice of your Speech Pathologist.











This food texture includes foods that are soft, tender and moist throughout but with no separate thin liquid. They can be mashed or broken down with pressure from a fork, spoon or chopsticks. Food piece sizes should be no larger than 1.5cm x 1.5cm (size of a thumbnail) to minimise choking risk. For children less than 5 years, the target size of food pieces is reduced by half – 0.8 cm x 0.8 cm. Chewing is required before swallowing.




It is important that texture modified diets are well balanced. Choose a variety of foods from all the food groups to ensure your body is getting all the nutrients it needs.



This **stop sign** highlights items that are not safe for people who need thickened fluids. In some cases, these items can be thickened to make them safe. Ask your health professional or Speech Pathologist for guidance.

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
Meat Chicken Fish  Meat (protein) alternatives	<ul style="list-style-type: none"> <li>• Mince dishes</li> <li>• Casseroles, stews and curries with small pieces of tender meat and no hard lumps. Liquid portions (e.g. sauce) must be thick.</li> <li>• Fish dishes (easily broken up with fork/spoon)</li> <li>• Eggs (all types except fried)</li> <li>• Well-cooked legumes (outer husk must be soft e.g. baked beans)</li> <li>• Soft tofu (small pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, gristly or dry meats.</li> <li>• Dry fish or fish with bones</li> <li>• Fried eggs</li> <li>• Dishes with nuts</li> <li>• Hard or fibrous legumes</li> </ul>	<ul style="list-style-type: none"> <li>• Add extra  gravy/sauces to soft meats</li> <li>• Top meat, poultry, fish, egg dishes with  sour cream, yoghurt or soft cheeses</li> <li>•  Add cream, evaporated milk or yoghurt to casseroles and curries</li> </ul> <p>Top fish with white sauce , smooth tartare sauce or mayonnaise</p>

	<b>Recommended foods</b>	<b>Foods to avoid</b>	<b>Suggestions for extra nourishment</b>
Breakfast Cereals	<ul style="list-style-type: none"> <li>• Cereals that are smooth with small lumps and well-moistened with milk  e.g. corn flakes, rice bubbles or wheat flakes or wheat flake biscuits</li> <li>• Any excess milk or liquid should be drained and / or thickened to the recommended thickness level</li> </ul>	<ul style="list-style-type: none"> <li>• Course or dry cereals e.g. All-bran, toasted muesli</li> <li>• Cereals with nuts, seeds or dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Add sugar, honey, or cream  to well-moistened cereals</li> <li>•  Use fortified milk* (see recipe below) to make cooked cereals e.g. porridge, semolina</li> <li>• Add Sustagen, AdVital or Ensure powder</li> <li>• Add whey protein powder</li> </ul>
Other cereals	<ul style="list-style-type: none"> <li>• Rice, couscous and quinoa not grainy or sticky (well cooked, not fried)</li> <li>• Soft pasta and noodles</li> <li>• Soft pastry</li> </ul>	<ul style="list-style-type: none"> <li>• Bread, sandwiches or toast of any kind</li> <li>• Crackers</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Use creamy, cheese sauces with pasta</li> </ul>
Soup 	<ul style="list-style-type: none"> <li>• Blended soups except for those listed as 'foods to avoid'</li> </ul>	<ul style="list-style-type: none"> <li>• Soups that have large pieces of meat or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Make soup on fortified milk* or add cream, sour cream</li> <li>• Add Sustagen, AdVital or Ensure powder</li> <li>• Add whey protein powder</li> </ul>
Dairy foods & desserts	<ul style="list-style-type: none"> <li>• Milk, milkshakes, fruit smoothies </li> <li>• Yoghurt (plain or with soft fruit)</li> <li>• Custard , mousse, smooth puddings, ice cream </li> <li>• Cut up pieces of 1.5 x 1.5cm soft cheese (e.g. camembert, ricotta)</li> <li>• Cut up pieces of 1.5 x 1.5cm soft fruit-based desserts without hard pastries, crumbly or flaky pastry or coconut</li> <li>• Moist cake pieces of 1.5 x 1.5cm with extra moisture (such as custard, cream) </li> <li>• Creamed rice, moist bread and butter pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Yoghurt that include nuts, seeds or hard pieces</li> <li>• Hard cheese or crispy cooked cheese</li> <li>• Dry cakes, pastries and biscuits</li> <li>• Any food with nuts, seeds, dried fruit, coconut or pineapple</li> <li>• Hard or chewy lollies (e.g. toffee)</li> </ul>	<ul style="list-style-type: none"> <li>•  Use fortified milk* in place of regular milk as a nutritious drink base, or to make puddings, custards and desserts</li> <li>• Add  ice cream, custard or yoghurt to milkshakes</li> </ul>

	Recommended foods	Foods to avoid	Suggestions for extra nourishment
	<ul style="list-style-type: none"> <li>Individual square of soft room temperature chocolate (ie. plain chocolate without nuts, seeds, or dried fruit)</li> </ul>		
Vegetables	<ul style="list-style-type: none"> <li>Well cooked (e.g. steamed or boiled), non-fibrous vegetables served in small pieces or soft enough to be easily broken with a fork</li> <li>Soft canned vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Hard, fibrous or stringy vegetables and legumes (e.g. corn, broccoli stalks)</li> <li>All raw vegetables (including chopped and shredded)</li> <li>Note: Stir fried vegetables may be too firm. Check softness with a fork/spoon</li> </ul>	<ul style="list-style-type: none"> <li>Add butter or margarine, milk powder, soft cheese or cream to mashed vegetables</li> <li>Top vegetables with creamy cheese sauces or sour cream</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>Fresh fruit pieces that are naturally soft (e.g. banana, well-ripened pawpaw) in bite sized pieces</li> <li>Minced, mashed or pureed fruit</li> <li>Stewed or canned fruit in bite sized pieces</li> <li>Fruit juice </li> </ul>	<ul style="list-style-type: none"> <li>Large, round fruit pieces with skins or hard flesh e.g. whole grapes, cherries</li> <li>Dried fruit, seeds, fruit peel</li> <li>Stringy, fibrous fruit e.g. fresh pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Serve with  ice cream, cream, custard or yoghurt</li> <li> Blend pureed fruit into fortified milk* to make a fruit smoothie</li> </ul>

*Adapted from the IDDSI Framework and Descriptors, International Dysphagia Diet Standardised Initiative, 2019.*

**\*Fortified milk recipe:** Add 4 heaped tablespoons of skim milk powder to 1 L of full cream milk and whisk to combine.

**Please note:** some foods listed in this document, including in 'suggestions for extra nourishment', may not be appropriate for children. It is recommended that you discuss this further with your child's Speech Pathologist or Dietitian.

## Suggested meal plan and options:

BREAKFAST (choose at least 2 of the following):
<ul style="list-style-type: none"><li>• Cereal (without dried fruit or nuts) and milk* (with milk drained)</li><li>• Scrambled or cut up poached eggs</li><li>• Small pieces of soft fruit</li><li>• Vanilla yoghurt*</li></ul>
MORNING TEA (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Soft fruit with yoghurt or custard*</li><li>• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>
LUNCH or LIGHT MEAL
<ul style="list-style-type: none"><li>• Frittata cut up into pieces of 1.5cm x 1.5cm or diced casserole with well-cooked vegetables</li><li>• Fruit or dairy dessert</li></ul>
AFTERNOON TEA (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Soft fruit</li><li>• Yoghurt or custard*</li><li>• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>
DINNER or MAIN MEAL
<ul style="list-style-type: none"><li>• Casserole, stew or curry (meat, poultry, fish or legumes) cut up into pieces of 1.5cm x 1.5cm with sour cream/yoghurt - could include pasta/noodles or rice</li><li>• Well-cooked vegetables</li><li>• Dessert</li></ul>
SUPPER (choose at least 1 of the following):
<ul style="list-style-type: none"><li>• Soft fruit</li><li>• Yoghurt or custard*</li><li>• Nutritious drink* e.g. flavoured milk, fruit smoothie (made on milk), milkshake, Sustagen or Ensure drink</li></ul>

**Please note:** items marked above with \* may not be suitable if you require thickened fluids. In some cases, these items can be thickened to make them safe – ask your Speech Pathologist for guidance.