

About IDDSI Level 6 (Soft + Bite-sized)

The International Dysphagia Diet Standardisation Initiative (IDDSI) is a global project that gives standardized terms, definitions, and testing methods for modified foods and liquids that could be recommended for a person with dysphagia.

IDDSI Level 6 is used to describe foods. It is described as soft and bite-sized.

Level 7: Regular

Level 6: Soft and Bite-Sized

Level 4: Pureed / Extremely Thick

Level 2: Mildly Thick

Level 7: Easy-to-chew, Regular

Level 5: Minced + Moist

Level 3: Liquidised / Moderately Thick

Level 1: Slightly Thick

Level 0: Thin

Understanding IDDSI Level 6:

What does it look like? This soft food is served already in small bites. The bite sizes are no bigger than 15mm x 15mm (Use a fork width to check the size). The bites will need to be chewed.

What happens if you squish it with a fork? You can tell if a food is soft enough to be consistent with IDDSI Level 6 by squishing it with a fork. Use your thumb to squish a bite with a fork - press hard enough so that your thumb turns white from pressure (blanch). The bite of food will be squished and should not return to its original shape.

Learn More:

✓ [IDDSI Level 6 Patient Handout](#)

Reference: The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>.

These are NOT official IDDSI resources, educational materials or education programs and they are NOT meant to replace materials and resources on www.IDDSI.org

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Food Examples

IDDSI Level 6 is used to describe foods. It is described as soft and bite-sized. The best way to know if your item is the right level is to check:

- ✓ **What size are the bites?** At largest, they should be 15mm x 15mm.
- ✓ **What happens if you squish it with a fork?** Use your thumb to squish a bite with a fork - press hard enough so that your thumb turns white from pressure (blanch). The bite of food will be squished and should not return to its original shape.



There are several items that come consistent to IDDSI Level 6.

- ✓ Canned peaches (liquid removed)
- ✓ Black beans
- ✓ Chopped cooked egg
- ✓ Risotto

Other items will need to be modified to be consistent with soft + bite-sized foods.

Can you add examples from your own preferred foods?

Watch out for:

- ✓ Foods with extra liquids (canned fruit, soup).
- ✓ Foods that are stringy (green beans)
- ✓ Foods should not separate into individual pieces (example: rice)

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Evaluate a Food

IDDSI Level 6 is used to describe soft and bite-sized food. Pick some foods to evaluate. Use the following questions to decide if this food is an IDDSI Level 6 food.

Are bites at biggest 15mm x 15mm? (Use fork width to check)

What happens if you squish it with a fork?

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Test Yourself

Which of these foods would be consistent with IDDSI Level 6? Why or why not?



What foods do you want to evaluate for your own eating?

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Make-Your-Own Menu Ideas

First, describe your mealtimes. Then, create your menu ideas for the different meal activities you participate in.

Describe mealtimes:

Menu Ideas:

Learn More:

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