

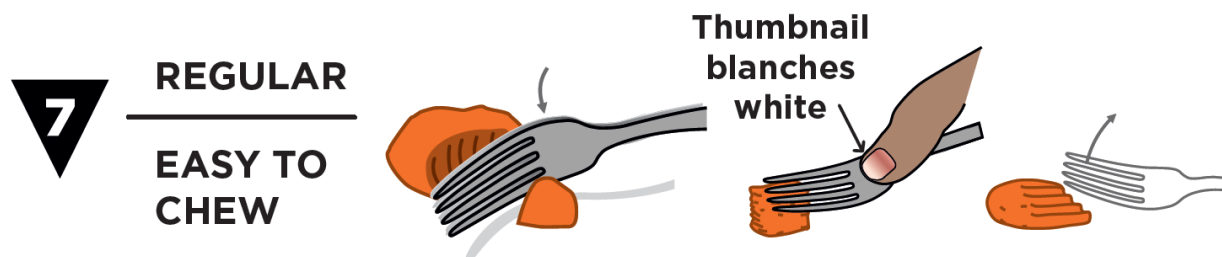


Overview of Regular Foods (Level 7)

Level 7 of IDDSI is Regular Foods. Just as it sounds, this level has no restrictions related to foods that can be offered and served to individuals.

Individuals receiving Regular Foods (Level 7) should be able to bite hard or soft foods and chew them for long enough to form a soft, cohesive ball/bolus that is 'swallow ready'. Additionally, they should be able to chew all food textures without tiring easily.

There is an additional designation for Regular-Easy to Chew. Just as it sounds, Easy to Chew should be just that – avoid foods that are hard, dry, chewy, or crunchy. Meat should be tender and it's acceptable to offer meat that is **Minced and Moist (5)**. The clinical team should make recommendations for breads and sandwiches.



You may want to visit the [IDDSI website](https://www.diningrd.com) for more information.