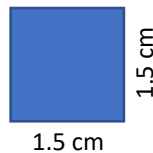




Overview of Soft & Bite-Sized Foods (Level 6)

Level 6 of IDDSI is Soft & Bite-Sized foods. These food items can be eaten with a fork or spoon, or even chopsticks! All food items in the Soft & Bite-Sized category meet the testing criteria established by IDDSI proving that they can be mashed or broken down with pressure from a fork or spoon. No knife is required for foods in Level 6 because all foods offered should be in bite-sized pieces, no larger than 1.5 cm in size.



Do you know how big 1.5 cm is? Just look at your hands! The size of most food items should be no bigger than your thumbnail



Another measurement reference is using a fork. All food items should be no wider than the width of a fork.

Chewing is required for foods in Level 6 but this category of foods may be appropriate for individuals who experience pain or fatigue while chewing.

Learn more about testing methods for Level 6 Soft & Bite-Sized.

Fork Pressure test

- Pressure from a fork on its side can be used to 'cut' or break food into smaller pieces
- When the fork is pressed into the food, the item squashes and changes shape

Spoon Pressure test

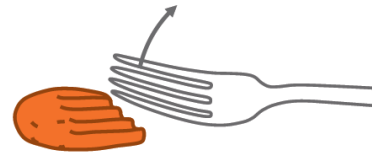
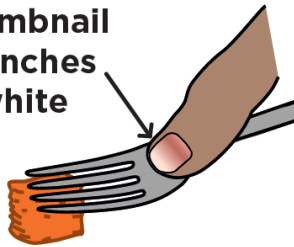
- Pressure from a spoon on its side can be used to 'cut' or break the food into smaller pieces
- When the spoon is pressed on the food item - it squashes and changes shape

Finger test

- The food item is easily manipulated when given pressure between the thumb and index finger.



**Thumbnail
blanches
white**



Examples of Soft & Bite Sized food for adults:

Meat and Fish – cooked tender and chopped (Note: if meat is not soft and tender, serve Minced & Moist)

Fruit and Vegetables – Soft and chopped pieced, liquid drained off, vegetables should be steamed or boiled

No regular bread due to high choking risk! [Watch an instructional video on making a Minced & Moist sandwich.](#)

You may want to visit the [IDDSI website](#) for more information.