

Level	Level Name	Description of Texture	Texture to aim for
7	Regular	Normal everyday foods of various textures	Can include foods from 'High Risk Foods' group
	Easy to Chew	Normal everyday soft /tender	Avoid High risk foods. E asy chew code on hospital menu
6	Soft & Bite Sized	Can be eaten with a fork or spoon Can be cut with pressure from the side of a fork or spoon Contains 'bite-sized' pieces (paediatric 8mm pieces, adults 15mm pieces)	Casserole/curry in a thick sauce Plain sponge and custard
5	Minced & Moist	Can be eaten with a fork or spoon Soft and moist with no separate thin liquid Small lumps within food (paediatric 2mm lump size, adults 4mm lump size)	Finely minced or chopped mince Finely mashed fish in a thick sauce Fully softened, smooth cereal
4	Pureed	A grainy texture that does not contain lumps or require chewing Usually eaten with a spoon, however a fork can be used Can be piped, layered or moulded on a plate	Creamed potato Mousse Custard
3	Liquidised	Smooth texture with no 'bits' Can be eaten with a spoon, but not a fork Cannot be piped, layered or moulded on a plate	Sauces and gravies Fruit syrup Tinned tomato soup







High Risk Foods

The following foods are only suitable for patients on a level 7 (regular) diet:

Stringy, fibrous food	Pineapple, celery, lettuce, onions, pickled vegetables, sausages, stringy cheese.
Vegetable and fruits with skins and pith	Beans, black-eyed peas, orange segments, grapes, tomatoes, potato skins.
Mixed consistency foods	Cereals that don't blend with milk (e.g. museli), mince with thin gravy, soup with lumps.
Crunchy foods	Toast, flaky pastry, dry biscuits, crisps.
Crumbly foods	Bread crusts, pie crusts, crumble, dry biscuits.
Hard foods	Boiled and chewy sweets and toffees, nuts and seeds.
Husks	Sweet corn, granary bread.

Dysphagia Management

International Dysphagia Diet Standardisation Initiative (IDDSI) Classifications

Level	Level name	Description of fluid consistency	Fluid examples
4	Extremely Thick	Cannot be sucked through a straw or drunk from a cup Usually eaten with a spoon, although a fork is also possible	
3	Moderately Thick	Effort is required to drink through standard or wide bore straw Can be drunk from a cup Can be eaten with a spoon but not a fork	
2	Mildly Thick	Effort is required to drink through a standard bore straw Flows off a spoon, but slower than thin drinks	
1	Slightly Thick	Flows through a straw or eat Requires a little more effort to drink than thin liquids	 Milk Tea/coffee with milk Cream liqueurs
0	Thin	Can be drunk through a straw or eat Flows like water	Water Tea/coffee without milk Spirits/wine

More information is available from <https://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>