

Easy to chew (IDDSI Level 7) diet

Patient information sheet

What is an easy chew diet?

An easy to chew diet may be recommended for people who have difficulties with chewing and / or swallowing. It may also be recommended while you are recovering from a recent surgery or procedure while you rebuild your strength.

- An easy to chew diet includes normal everyday foods which have a softer / tender texture.
- Foods should be able to be cut up or broken apart with the side of a fork or spoon.
- You should be able to easily break down food pieces of this texture in your mouth using little effort.
- Avoidance of hard, dry food textures that are difficult to swallow are recommended.

What else can help?

- Sitting up straight with good head support.
- Not eating when feeling tired.
- Make sure food is not getting stuck in your cheeks.
- Eating slowly and taking small amounts at a time.
- Taking frequent pauses between mouthfuls.
- Ensuring your mouth is empty before taking the next mouthful.
- Following the advice your speech and language therapist has provided.

For further information please see the available information and handouts at iddsi.org

Please see the table of foods to try / avoid overleaf

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Large print copies and alternative language versions of this leaflet can be made available on request.

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Foods to try		Foods to avoid	
Breads, cereals and grains			
<ul style="list-style-type: none">• Pasta (chopped) with sauces• Wheat biscuits• Porridge• 'Dunked' biscuits• Sandwiches with soft / moist fillings, (cut up small; no crusts)		<ul style="list-style-type: none">• Hard bread rolls and toast• Bread containing grains or seeds• Dry pastries, biscuits or crisps• Dry or crunchy cereal or cereal with nuts• Rice that is not mixed in with a sauce	
Meat and alternatives			
<ul style="list-style-type: none">• Minced or finely chopped meat in gravy• Fish in sauce (avoid bones)• Eggs• Mashed pulses• Soft cheese, e.g. cottage cheese or cheese sauce		<ul style="list-style-type: none">• Large pieces of meat• Sausages or pies• Sausage rolls• Hard cheese	
Fruit and vegetables			
<ul style="list-style-type: none">• Stewed fruit, e.g. apples• Mashed soft fruit e.g. bananas• Pureed or mashed vegetables• Jacket potatoes (minus skin)		<ul style="list-style-type: none">• All fruit containing pips, seeds or with skins• Vegetables with skins, e.g. peas, broad beans, sweetcorn• Salads, raw vegetables• Stringy fruit or vegetables, e.g. rhubarb, celery, green beans	

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