

# 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](http://iddsi.org)

**Please see the table of foods to try / avoid overleaf**

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

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