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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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IDDSI Level 6 Soft and Bite Sized Speech and Language Therapy



The medical term for swallowing difficulties is 'dysphagia' and this can occur due to a number of medical conditions including stroke, head injuries, Parkinson's disease, motor neurone disease, multiple sclerosis, post-surgery, respiratory disorders and where the muscles used for chewing and swallowing food safely may not be working adequately.

A **Speech and Language Therapist** (SLT) may suggest that a minced and moist diet. This is to help with the chewing and swallowing of food.

A **Dietitian** may advise you on the appropriate foods for this consistency and on how to ensure your diet remains well-balanced.

WHAT IS IDDSI LEVEL 6 SOFT AND BITE SIZED DIET?

- Can be eaten with a fork, spoon or chopsticks
- Can be mashed/broken down with pressure from fork, spoon or chopsticks
- A knife is not required to cut this food, but may be used to help loading a fork or spoon
- Chewing is required before swallowing
- Soft, tender and moist throughout but with no separate thin liquid
- 'Bite-sized' pieces as appropriate for size and oral processing skills

➤ **Adult, 15mm – 1.5 cm pieces**

USEFUL WEBSITES

International Dysphagia Diet Standard Initiative (IDDSI)

<https://iddsi.org/>

The British Dietetic Association

<http://www.bda.uk.com>

Patient Name:

Date:

Dietitian:

Contact details:

Speech & Language Therapist:

Contact details: 01932 722868 (St Peter's Hospital)
01483 846238 (Bradley Unit)

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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KEEPING A BALANCED DIET

Try to have the following:

- Starchy foods e.g. potatoes, rice, pasta, cereal: 3 portions/day
- Protein foods e.g. meat, fish, eggs, lentils:
 - 2-3 portions/day
- Fruit and vegetables: 5 portions/day
- Dairy foods e.g. milk, cheese, yogurt: 3 portions/day
- Foods containing fat and sugar - quantity will depend on whether you are underweight or overweight and if you have diabetes

PREVENTING WEIGHT LOSS

Difficulty with eating may result in smaller amounts of food being consumed. It is important that the foods you eat have a high energy content and you may need to eat “a little and often” to prevent weight loss.

FLUIDS

If you have been advised to thicken your drinks it is important to follow the recommendations of the SLT. Aim to drink 6-8 cups of fluid a day to avoid dehydration. Include fruit juice daily for Vitamin C.

Pre-thickened juice drinks are available on prescription.



Thumb nail blanched to white



Sample squashes and does not return to its original shape when pressure is released

From: <http://iddsi.org/Documents/IDDSIFramework-CompleteFramework.pdf>

EXAMPLES OF SOFT AND BITE SIZED FOODS

Meat

- Cooked, tender meat no bigger than:
 - Adults, 15mm = 1.5cm x 1.5cm pieces
- If texture cannot be served soft and tender at 1.5 x 1.5 cm, serve minced and moist diet

Fish

- Soft enough cooked fish to break into small pieces with fork, spoon or chopsticks no larger than:
 - Adults, 15mm = 1.5cm pieces

Casserole / Stew / Curry

- Liquid portion must be thick (as per clinician recommendations; refer to IDDSI levels 0-4)
- Can contain meat, fish or vegetables if final cooked pieces are soft and tender and no larger than:
- Adults, 15mm = 1.5cm pieces
- No hard lumps

Fruit

- Serve mashed
- Adults, 15mm = 1.5cm pieces
- Fibrous parts of fruit are not suitable
- Drain excess juice
- Assess individual ability to manage fruit with high water content (e.g. watermelon) where juice separates from solid in the mouth during chewing

Vegetables

- Steamed or boiled vegetables with final cooked size of:
- Adults, 15mm = 1.5cm pieces
- Stir fried vegetables are often too firm and are not soft or tender

Cereal

- Smooth with soft tender lumps no bigger than:
- Adults, 15mm = 1.5cm pieces
- Texture fully softened
- Any excess milk or fluid must be drained

Bread

- Pre-gelled 'soaked' breads that are very moist and gelled through the entire thickness
- No regular, dry bread unless assessed as suitable by dysphagia specialist, on an individual basis (if considered appropriate, bread must also conform to adult 1.5 x 1.5cm size requirements).

Rice

- Not particulate/grainy, sticky or glutinous

TIPS

- It is best to prepare and serve the meat, vegetables and starchy foods all separately on the plate to make meals look more appetising
- Some people prepare a large batch of food and freeze it into individual portions
- Try to eat foods high in fibre to prevent constipation e.g. porridge, fruit, vegetables or pulses
- Eat 'little and often'. Aim to have three small meals a day with snacks between meals
- Sit comfortably in an upright position with the head tilted down towards the chest and the chin slightly tucked in
- Eat slowly and allow plenty of time for your meal
- Do not drink just before meals as it can fill you up
- Remain sitting in the upright position for half an hour after finishing your meal