⑥ SOFT AND BITE-SIZED

IDDSI International Dysphagia Diet Standardisation Initiative

IDDSI Audit Tool

Product or food tested			
If heated, heating method(s)			
Temperature when tested at:	°C/°F time of service	°C/°F 15 mins after serving	°C/°F 30 mins after serving

Instructions

- Level 6 Soft & Bite-Sized <u>critical</u> tests include **Appearance + Fork/Spoon Pressure Test** OR if these are not available Finger Test.
- For particle size: food intended to mimic a 'bite of food' – must be equal to or less than 15mm x15mm (adults); equal to or less than 8mm x 8mm (pediatrics).
- The food item must pass or meet criteria for any row marked *

Tests	Meets criteria at		
	Time of Service	15 mins after serving	30 mins after serving
Critical: Appearance			
* Pieces less than or equal to 15mm x 15mm (adults); 8mm x 8mm (pediatrics)	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* No separate thin liquid	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Critical: Fork/Spoon Pressure Test (metal dinner fork or teaspoon needed)			
* When pushing down on a 15mm x 15mm sample with a dinner fork or teaspoon, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* Food can be separated into smaller pieces using pressure from a dinner fork or teaspoon held on its side	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Alternative if Fork or Spoon not available: Finger Test			
* When pushing down on a 15mm x 15mm sample using thumb, with enough pressure that the thumb nail turns white, the food can be squashed and will not return to original shape	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
* Food feels moist	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
Optional: Chopstick Test			
Chopsticks can break 15mm x 15mm pieces into smaller pieces	☐Yes ☐No	☐Yes ☐No	☐Yes ☐No
OVERALL CONCLUSION: Does the sample meet the criteria for:			
Level 6 Soft and Bite Sized?	☐**Yes** ☐**No**	☐**Yes** ☐**No**	☐**Yes** ☐**No**

Notes: * Chewing ability is needed for this texture, although biting is not required. Pieces should be 'bite-sized' at time of serving.

   * Please see also http://iddsi.org/framework/food-testing-methods/.