

|  |  |
| --- | --- |
| **IDDSI Food texture descriptions – information for staff** | |
| https://iddsi.org/wp-content/uploads/2018/08/IDDSI-Icon-Labels-7-REGULAR.jpg7a Easy to chew  [Related image](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi01IairfDfAhU7gM4BHciHCgIQjRx6BAgBEAU&url=http://www.tonyshatch.co.uk/product/egg-mayonnaise/&psig=AOvVaw0WMQO8bIVeQg6E7YJ3GcDE&ust=1547661124913809) | * Foods should be soft and tender * Food can be cut or separated easily with the side of a fork or spoon. * Foods do not need to be cut or presented in any specific particle size. |
| Tropical-Fruit-Cocktail-680x413[1]https://iddsi.org/wp-content/uploads/2018/08/IDDSI-Icon-Labels-6-SOFT-BITE-SIZED.jpg | * Soft enough to be mashed with a fork * A knife is not required to cut the food * Food is served in no larger than 1.5cm x 1.5cm pieces * Soft, tender and moist throughout |
| https://iddsi.org/wp-content/uploads/2018/08/IDDSI-Icon-Labels-6-MINCED-MOIST.jpg | * Can be eaten with a fork or spoon * Can be scooped and shaped on a plate * Soft and moist with no separate thin liquid * Small lumps (less than 4mm) visible within food * Lumps are soft and easy to squash |
| https://iddsi.org/wp-content/uploads/2018/08/IDDSI-Icon-Labels-4-PUREED.jpg | * Usually eaten with a spoon * Can be piped, layered or molded * Cannot be poured * Smooth with no lumps * Not sticky |
| https://iddsi.org/wp-content/uploads/2018/08/IDDSI-Icon-Labels-3-LIQUIDISED-3.jpg | * Smooth texture with no lumps or bits * Can be poured * Too thin to be piped or layered * Cannot be eaten with a fork * Can be drunk from a cup |

