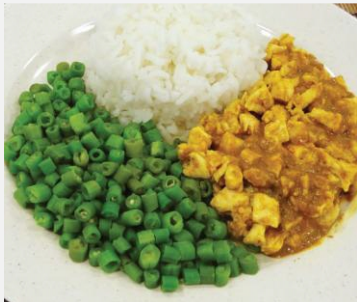




# OLD VS NEW IDDSI FOOD TERMINOLOGIES (ILTC)



## OLD



### Chopped (Easy to Chew)

- Cut or chop food into small, bite-sized pieces (0.6cm). Food is soft.
- Requires some chewing.



### Finely minced (Soft & Moist)

- Cut food into tiny pieces e.g. minced meat (0.3cm).
- Minimal chewing is required.



### Blended (Pureed)

- Blend food until the texture is smooth.
- No chewing is required.



## NEW



### REGULAR

Normal everyday food of all textures & sizes.



### EASY TO CHEW

Soft everyday food. All sizes allowed.



### SOFT & BITE-SIZED

No bigger than 15x15mm. Soft, moist, easily mashed. Needs some chewing. No mixed consistency.



### MINCED & MOIST

Small soft lumps easily mashed with tongue. No bigger than 4x15mm. No separate thin fluid.



### PUREED

Smooth, no lumps, not sticky. No chewing needed.



### LIQUIDISED

More runny, cannot hold shape. Smooth, no lumps, not sticky. No chewing needed.



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