

EATSAFE SG

OLD VS NEW IDDSI FOOD TERMINOLOGIES (ILTC)



OLD REGULAR Normal everyday food of all textures & sizes. **Chopped** (Easy to Chew) **EASY TO CHEW** Ę Soft everyday food. All sizes allowed. · Cut or chop food into small, bitesized pieces (0.6cm). Food is Most similar to soft. **SOFT & BITE-SIZED** Requires some chewing. No bigger than 15x15mm. Soft, moist, 6 easily mashed. Needs some chewing. No mixed consistency. Finely minced (Soft & Moist) • Cut food into tiny pieces e.g. **MINCED & MOIST** Most similar to minced meat (0.3cm). Small soft lumps easily mashed 5 • Minimal chewing is required. with tongue. No bigger than 4x15mm. No separate thin fluid. PUREED Smooth, no lumps, not sticky. No **Blended** (Pureed) Most similar to chewing needed. · Blend food until the texture is smooth. LIQUIDISED • No chewing is required. More runny, cannot hold shape. Smooth, no lumps, not sticky. No chewing needed.

Adapted from the IDDSI International Website www.iddsi.org

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