

# Let's Look at IDDSI Level 6 Diet (for adults)



## What is level 6 diet?

Soft and bite-sized foods that can be broken down by the pressure of your tongue



## What is not level 6 diet?

- Pureed food
- Minced / moist food
- Pieces of food bigger than 15mmx15mm
- Hard crunchy foods
- Bread

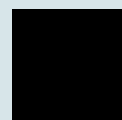


## How to check if food is level 6

- Can the food be squashed and not return to its original shape?
- Can the pieces be broken into smaller pieces with a fork?
- There is no loose fluid



## The right size



(15mmx15mm)

## Tools to help check if food is ok for level 6 diet

- The IDDSI Level 6 audit tool —————>
- The IDDSI level 6 test card - you can check the size of the pieces of food

