

“We Test for Safety”

IDDSI Levels: Soft & Bite-Sized (Level 6)



Abbreviation	SB6
Food Characteristics	Soft “bite-sized” pieces. Tender, moist throughout, no separate thin liquid. Easily mashed/broken apart with pressure from a fork or a spoon.
Food Piece Size	“Bite-sized” pieces: No bigger than 0.5 inch x 0.5 inch (15 mm) for adults or 0.25 inch x 0.25 inch (8mm) for children.
Individual’s Degree of Chewing and/or Swallowing Problems	Dysphagia. Chewing and swallowing problems. Pain or fatigue on chewing.
IDDSI Tests	Appearance, Fork/Spoon Pressure Test.



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