

“We Test for Safety”

IDDSI Levels: Regular
Easy to Chew (Level 7)



Abbreviation	EC7
Food Characteristics	<p>Includes foods with soft, tender textures on the regular diet, excludes hard foods that are difficult to bite and chew. Excludes hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, seeds, fibrous part of fruit, husks or bones.</p> <p>May include ‘dual’ or ‘mixed consistency’ foods and liquids.</p> <p>Food breaks apart easily with the side of fork or spoon; easily squashed with pressure from fork or spoon.</p>
Food Piece Size	No restriction on size of food particles.
Individual’s Degree of Chewing and/or Swallowing Problems	No increased risk of choking or swallowing problems; weaker chewing muscles for hard/firm textures; can chew soft/tender foods without tiring easily.
IDDSI Tests	Fork/Spoon Separation & Pressure Test.



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