

What is **Level 6** diet?

- Soft
- Bite-sized
- Can be squashed by your tongue
- 1.5 cm or less



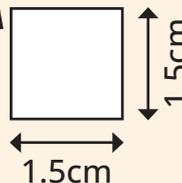
What is **not Level 6** diet?

- Pureed food
- Minced / moist food
- Pieces of food bigger than 1.5 cm x 1.5 cm
- Hard crunchy foods
- Bread



How to check if food is **Level 6** diet?

- You can squash it with a fork and it won't return to its original shape
- Pieces can be broken into smaller pieces with a fork
- Sauce is thick and smooth
- Pieces 1.5 cm or less



How to help check if food is ok for **Level 6** diet (Soft and Bite-Sized)

The IDDSI Level 6 audit tool



The IDDSI Level 6 test card



(Good for checking size of food pieces!)