



WHAT ARE SOFT & BITE-SIZED (SB6) FOODS?

- Foods that can be mashed/broken down with pressure from a fork, spoon or chopsticks.
- Items that are soft, tender and moist throughout; however, have no separate thin liquid.
- 'Bite-sized' food pieces that meet the following size requirements...
 - Adults = no larger than 15 mm (1.5 cm x 1.5cm)
 - Pediatrics = no larger than 8mm (0.8 cm x 0.8cm)

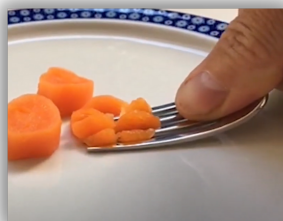
NOTE: All details can be found in the IDDSI Framework and/or the FREE IDDSI APP.

To verify the Soft & Bite-Sized (SB6) level, use this [AUDIT TOOL](#). The Patient Handouts for **ADULTS & CHILDREN** also provide easy-to-read information about the IDDSI level SB6 and testing methods.

WHAT TESTING METHODS SHOULD BE USED?

Soft & Bite-Sized food must pass both food piece size and softness tests!

Fork / Spoon PRESSURE Test



When a sample the size of a thumb nail (1.5x1.5 cm) is pressed with the tines of a fork (or spoon) to a pressure where the thumb nail blanches to white, the sample squashes, breaks apart, changes shape, and does not return to its original shape when the fork/spoon is removed.

Fork / Spoon SEPARATION Test



Pressure from a fork or spoon held on its side can be used to 'cut' or break apart this texture into smaller pieces.

