Community Care
Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Easy to Chew Cookbook

IDDSI Level 7 - Easy to Chew

Tender everyday meals with softer textures; biting and chewing are still needed.

8 easy recipes | Clear ingredients | Four illustrated steps per recipe

Educational recipe ideas for adults, families and support workers. Not a substitute for an individual swallowing assessment or mealtime management plan.

Good food. Brighter days.

Find your favourite

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Each recipe has an ingredients and finished-dish illustration page, followed by four illustrated steps. Illustrations are symbolic examples, not a verified texture or a substitute for food testing.

Start safely

The person’s plan comes first

Before preparing food, confirm the person’s current speech pathologist-led mealtime management plan, prescribed food texture, drink thickness, allergies, dietary needs, posture, assistance and supervision requirements. Never select or change a texture level from this book alone.

Use the correct IDDSI testing method

A recipe name, ingredient list, photo or blender setting cannot confirm an IDDSI level. Test the finished food at serving temperature using the current IDDSI method and the person’s plan. If the food fails testing, do not serve it as that level.

Avoid choking and aspiration risks

Stop feeding if there is coughing, choking, a wet or gurgly voice, distress or breathing change. Follow the person’s emergency plan. Call 000 for severe choking or breathing difficulty. Seek clinical advice for repeated swallowing concerns.

Safe food handling

Wash hands and equipment, check allergens and cross-contact, cook poultry and minced meats thoroughly (75°C in the centre), remove bones and gristle, and refrigerate leftovers promptly. Reheat food thoroughly and re-check texture after reheating.

Choice and dignity

Offer choices, respect cultural and sensory preferences, and support participation at the person’s preferred level. Do not assume a diagnosis or age automatically determines food texture.

Know the texture

IDDSI Level 7 - Easy to Chew

Tender everyday meals with softer textures; biting and chewing are still needed.

Level 7 Easy to Chew requires tender, soft everyday foods; biting and chewing are still required. It is not suitable for every person with swallowing difficulties. Avoid tough, hard or chewy pieces when preparing these examples.

Important: the recipes below are starting ideas, not clinically validated IDDSI-compliant meals. Ingredient brands, cooking, moisture, temperature and equipment can change the final texture. Follow a qualified clinician’s plan and confirm the final food before serving.

For authoritative descriptions and testing methods: IDDSI Framework - www.iddsi.org/standards/framework

BREAKFAST | RECIPE 1

Soft Banana Pancakes

SERVES: approximately 1-2 | Preparation and cooking times vary

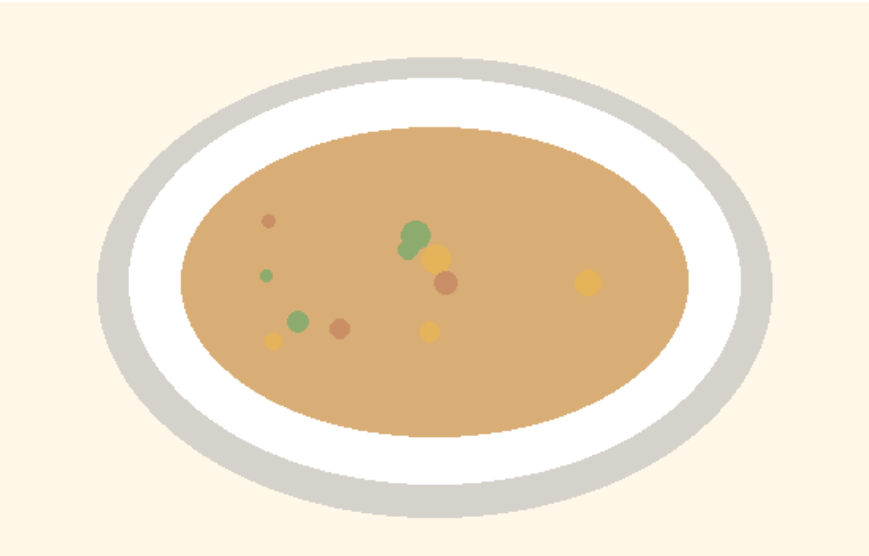
What you need

☐ 1 ripe banana

☐ 1 egg

☐ 3 tbsp plain flour

☐ 1 tsp oil



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

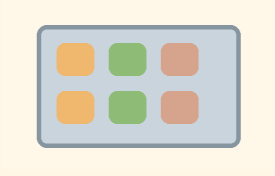
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

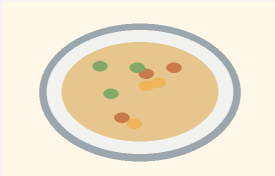
Soft Banana Pancakes



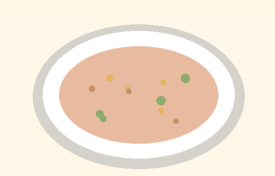
1. Mash banana until smooth.



2. Mix in egg and flour.



3. Cook small pancakes gently in a lightly oiled pan until set on both sides.



4. Serve soft and warm; check for any firm or crispy edges.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

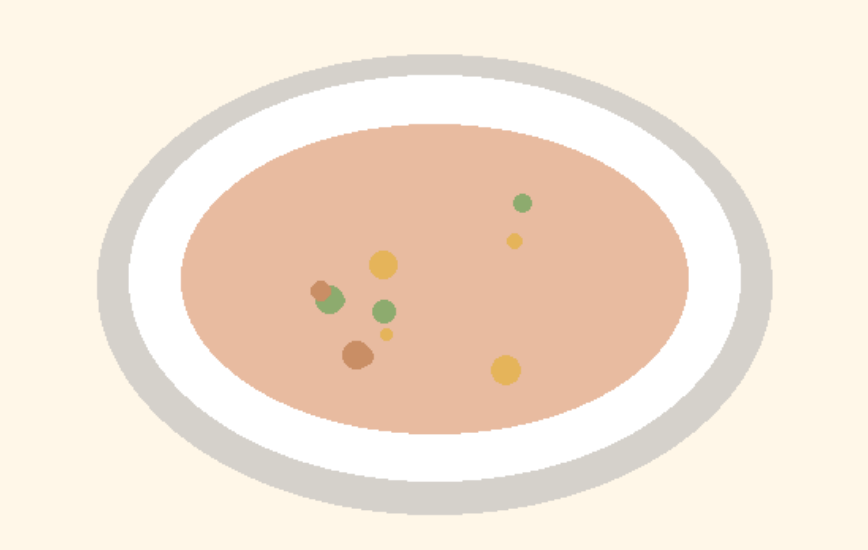
DINNER | RECIPE 2

Tender Chicken and Pumpkin

SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

- ☐ 150 g boneless chicken thigh
- ☐ 1 cup diced pumpkin
- ☐ 1/2 cup low-salt stock
- ☐ 1 tsp olive oil



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

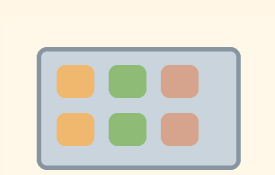
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

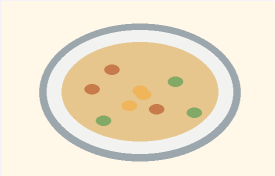
Tender Chicken and Pumpkin



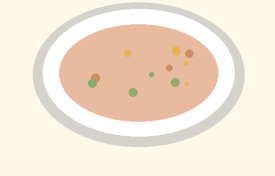
1. Cut chicken into pieces and remove gristle.



2. Cook chicken gently in oil until cooked through.



3. Add pumpkin and stock; cover and simmer until very tender.



4. Check chicken reaches 75°C; serve moist with sauce.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 3

Soft Ricotta Pasta

SERVES: approximately 1-2 | Preparation and cooking times vary

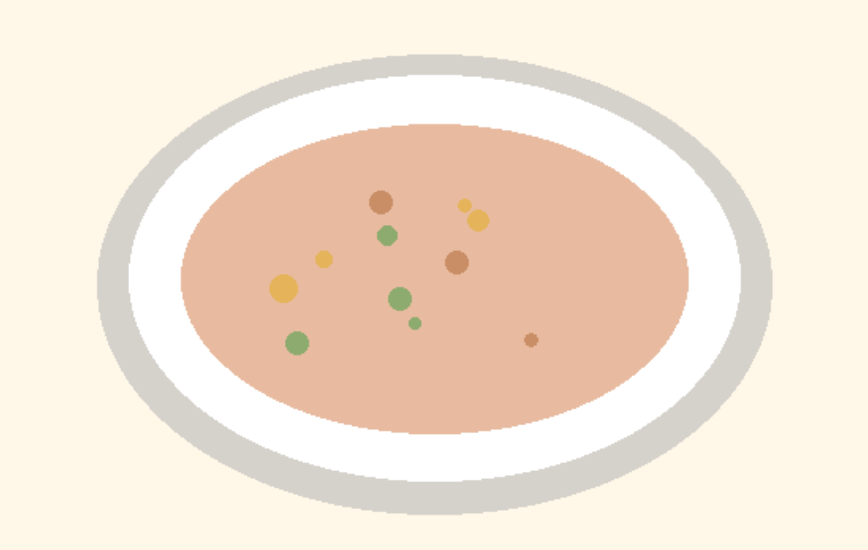
What you need

☐ 1 cup small pasta

☐ 1/3 cup ricotta

☐ 1/3 cup cooked spinach

☐ 2 tbsp warm pasta water



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

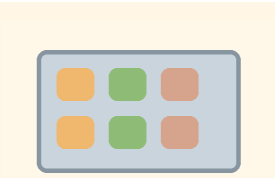
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

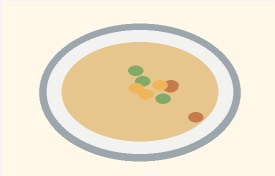
Soft Ricotta Pasta



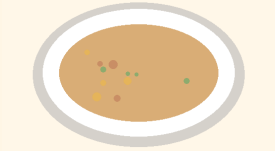
1. Cook pasta until tender.



2. Drain, saving a little cooking water.



3. Stir ricotta, spinach and water into pasta.



4. Serve moist, with no hard or chewy pieces.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

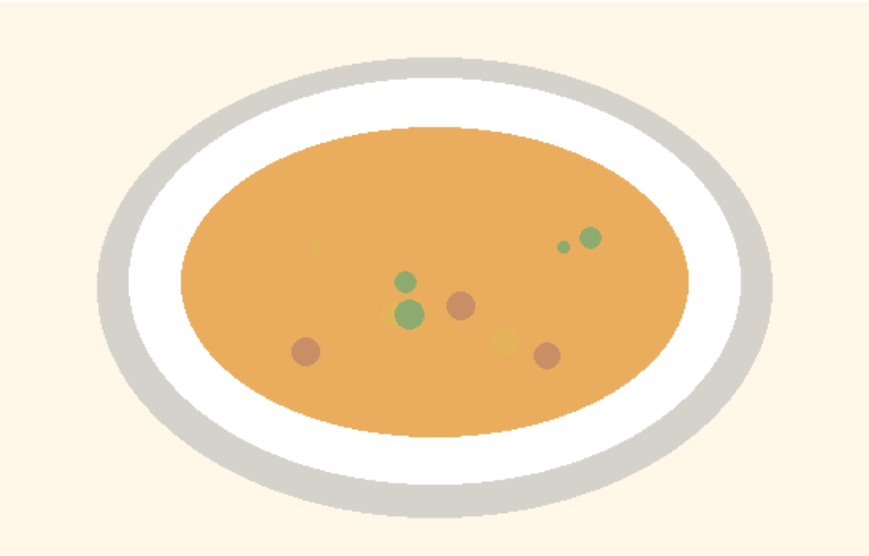
DINNER | RECIPE 4

Tender Fish with Mash

SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

- ☐ 150 g boneless white fish
- ☐ 1 potato
- ☐ 2 tbsp milk
- ☐ 1 tsp butter



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
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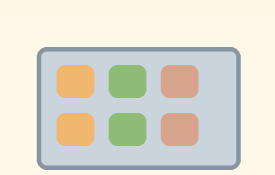
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

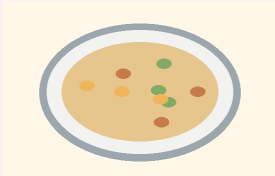
Tender Fish with Mash



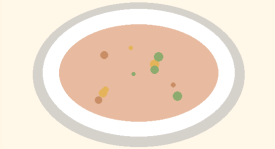
1. Peel, chop and boil potato until soft.



2. Cook fish thoroughly until opaque and flakes easily.



3. Mash potato with milk and butter.



4. Check carefully for bones; serve fish moist with mash.

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SNACK | RECIPE 5

Soft Pear and Yoghurt

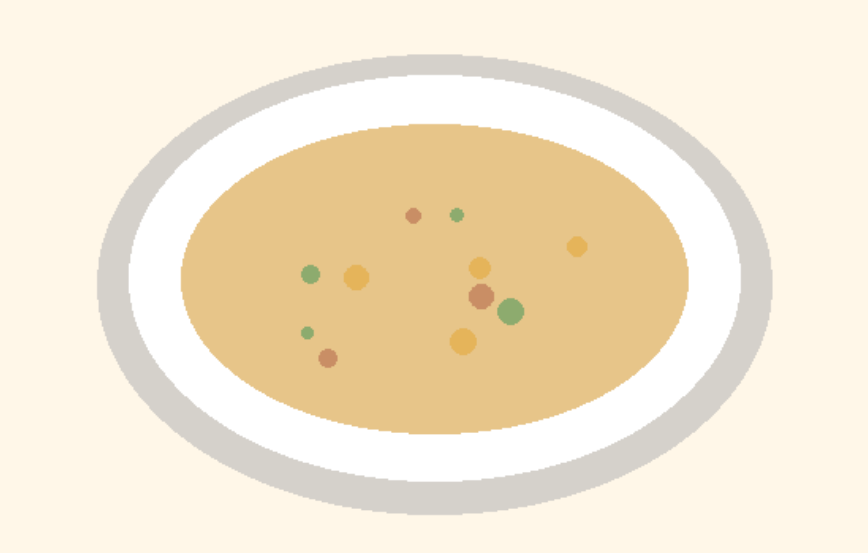
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1 ripe pear

☐ 1/2 cup plain yoghurt

☐ Pinch cinnamon



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
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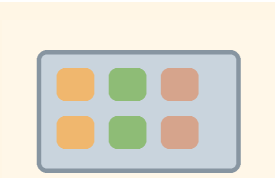
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

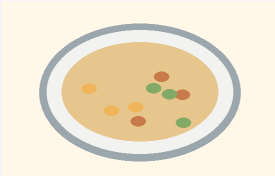
Soft Pear and Yoghurt



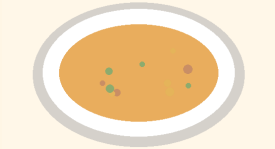
1. Peel and core the pear.



2. Poach pear in a little water until tender.



3. Cool and cut into easy-to-manage soft pieces.



4. Serve with yoghurt and cinnamon.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 6

Creamy Pumpkin Risotto

SERVES: approximately 1-2 | Preparation and cooking times vary

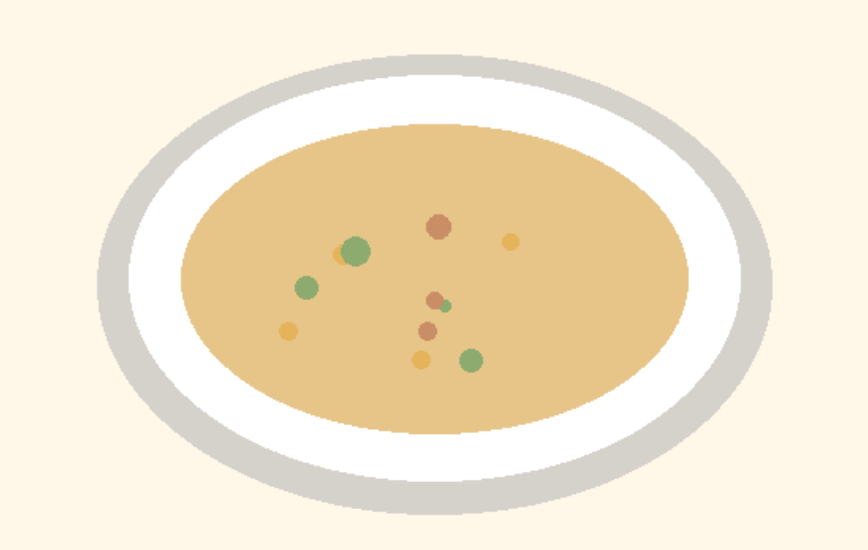
What you need

☐ 1/2 cup arborio rice

☐ 1 cup cooked mashed pumpkin

☐ 2 cups low-salt stock

☐ 1 tbsp grated cheese



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
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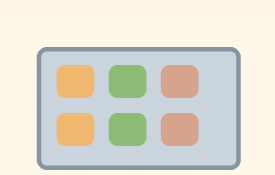
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

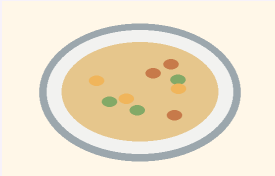
Creamy Pumpkin Risotto



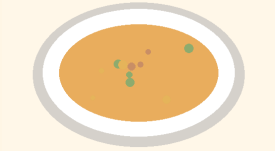
1. Warm stock in a saucepan.



2. Add rice and stock gradually, stirring.



3. Cook until rice is very tender and moist.



4. Stir in pumpkin and cheese; serve warm.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

BREAKFAST | RECIPE 7

Soft Egg and Avocado

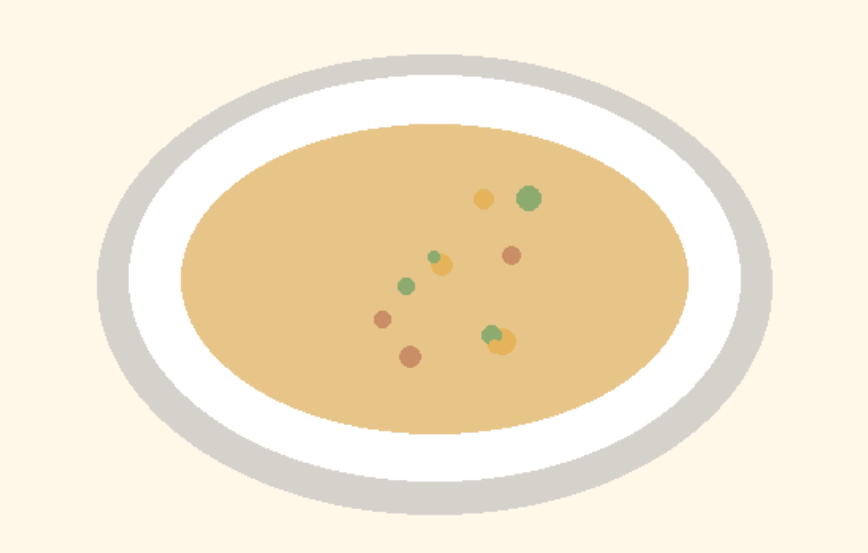
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 2 eggs

☐ 1/2 ripe avocado

☐ 1 tbsp milk



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
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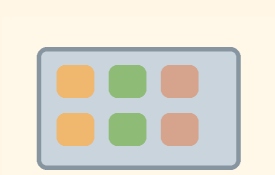
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

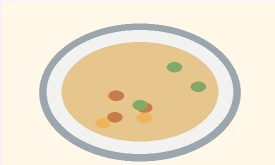
Soft Egg and Avocado



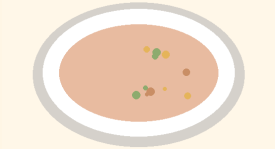
1. Whisk eggs and milk.



2. Cook gently, stirring until fully set but soft.



3. Mash avocado with a fork.



4. Serve together while eggs are moist.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

DINNER | RECIPE 8

Tender Beef and Vegetable Stew

SERVES: approximately 1-2 | Preparation and cooking times vary

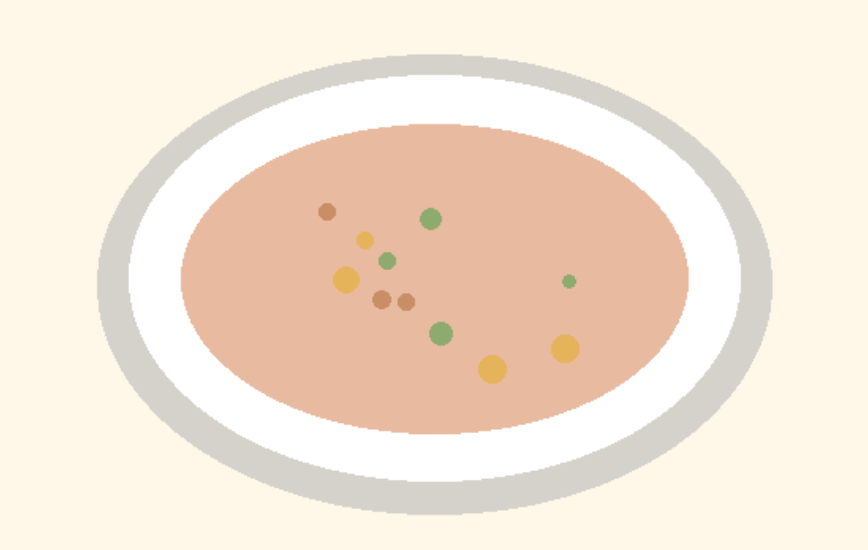
What you need

☐ 150 g diced stewing beef

☐ 1 small carrot

☐ 1/2 cup diced potato

☐ 1 cup low-salt stock



Finished-dish illustration (symbolic only; not a texture-safety check)

Before you start
Check the person’s prescribed texture, drink thickness, allergies, dietary and mealtime plan. Read all four steps. Wash hands and set up safely.

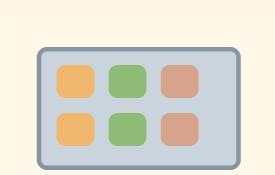
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

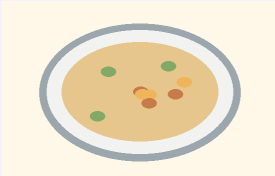
Tender Beef and Vegetable Stew



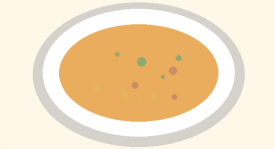
1. Cut beef into manageable pieces.



2. Simmer beef in stock until very tender.



3. Add carrot and potato; cook until soft.



4. Serve moist, removing any tough or gristly parts.

Before serving: Check the final food against the person’s mealtime plan and the relevant current IDDSI testing method. A picture or written recipe cannot confirm safety.

My notes and preferences

Foods I enjoy:

Foods I avoid or dislike:

Allergies and approved substitutes:

My mealtime plan location / review date:

Questions for my speech pathologist or dietitian:

General educational material only. Individual swallowing and nutrition advice must come from the person’s treating health professionals.