Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Soft and Bite-Sized Cookbook

IDDSI Level 6 - Soft and Bite-Sized

Soft, moist food cut into appropriately sized pieces and checked for tenderness.

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 6 - Soft and Bite-Sized

Soft, moist food cut into appropriately sized pieces and checked for tenderness.

Level 6 food must be soft, tender and moist throughout. For adults, pieces are no larger than 1.5 cm × 1.5 cm. Check using the IDDSI fork pressure test. No thin liquid should separate from the food.

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

DINNER | RECIPE 1

Soft Chicken in Gravy

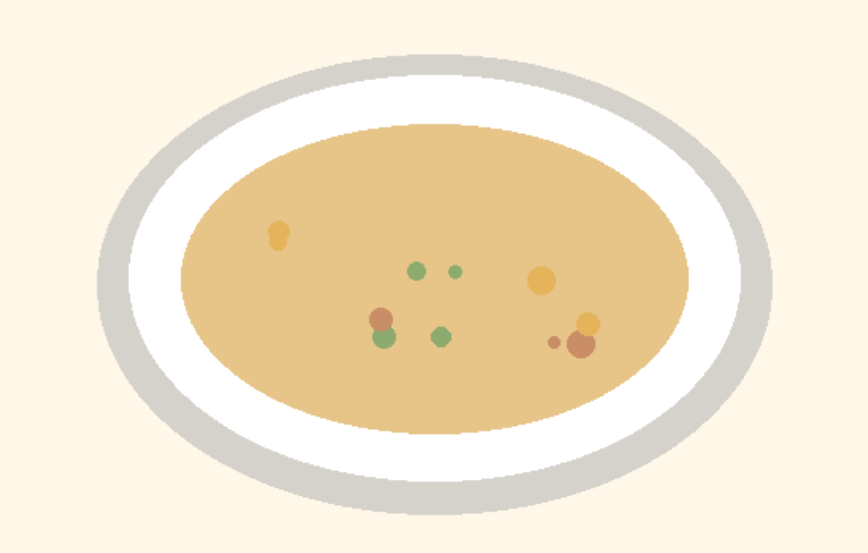
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g boneless chicken thigh

☐ 1/2 cup thick gravy

☐ 1/2 cup cooked carrot



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.

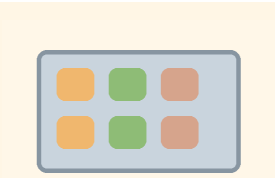
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

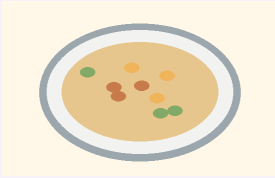
Soft Chicken in Gravy



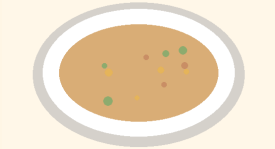
1. Cook chicken fully to 75°C.



2. Remove skin, gristle and tough parts.



3. Cut into pieces no larger than 1.5 cm for adults.



4. Add thick gravy; check each piece crushes with fork pressure.

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

Moist Fish and Sweet Potato

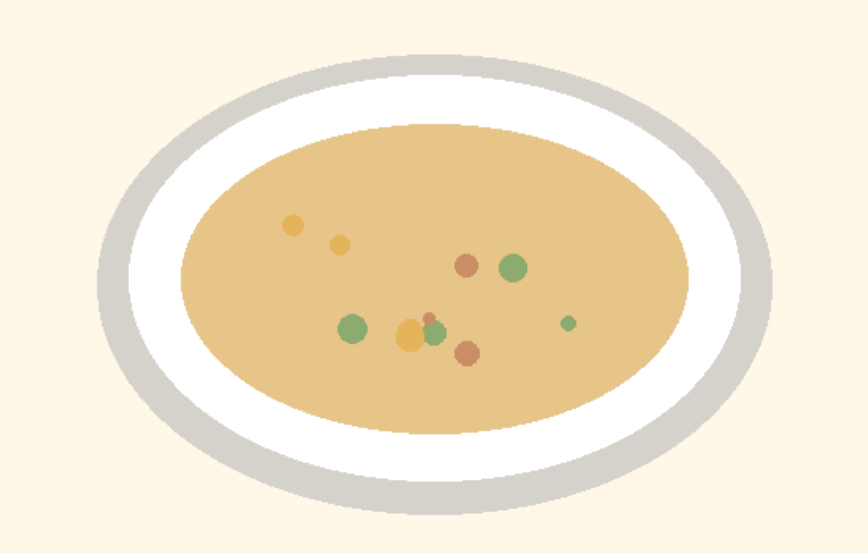
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 150 g boneless fish

☐ 1 small sweet potato

☐ 2 tbsp thick white sauce



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.

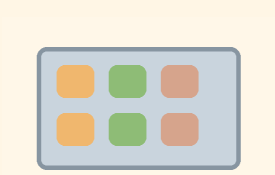
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

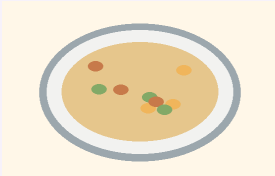
Moist Fish and Sweet Potato



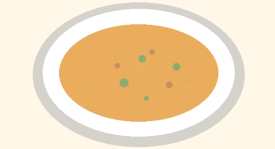
1. Cook sweet potato until very soft.



2. Cook fish fully and remove every bone.



3. Flake fish into pieces no larger than 1.5 cm.



4. Combine with sauce; check no thin liquid separates.

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 Lentils and Vegetables

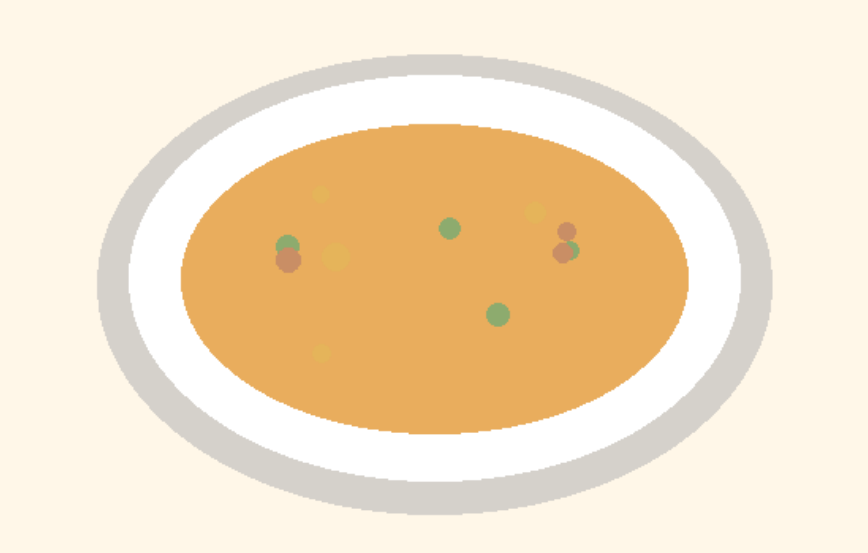
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1/2 cup cooked lentils

☐ 1/2 cup diced pumpkin

☐ 1/4 cup thick tomato sauce



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

Before you start
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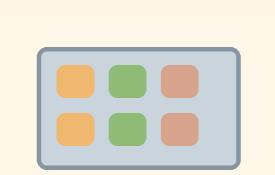
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

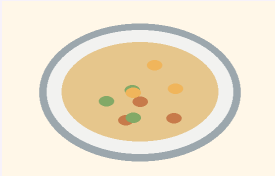
Soft Lentils and Vegetables



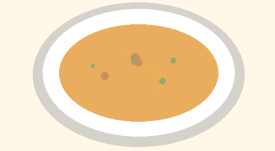
1. Cook pumpkin until very soft.



2. Heat lentils thoroughly.



3. Combine with thick tomato sauce.



4. Check all pieces are soft, moist and at most 1.5 cm.

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

Soft Turkey Meatballs

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

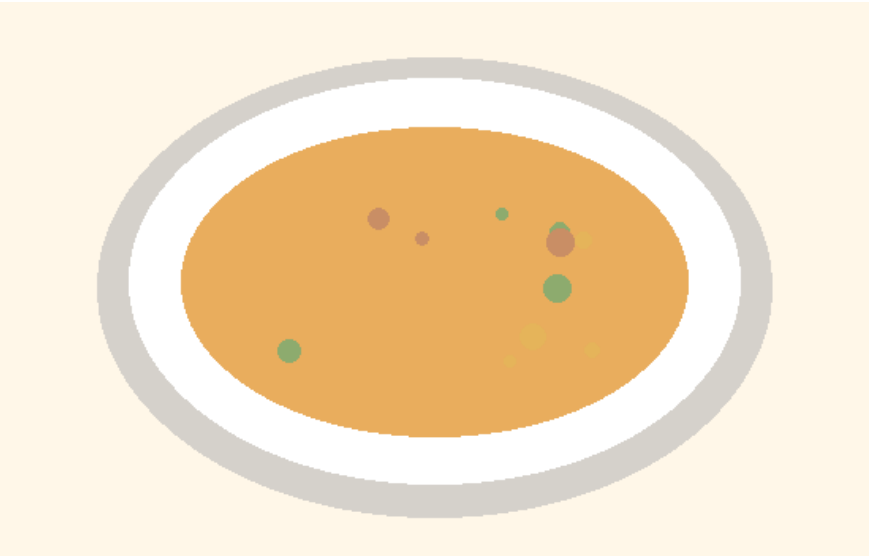
What you need

☐ 150 g turkey mince

☐ 1 tbsp breadcrumbs

☐ 2 tbsp milk

☐ 1/2 cup thick gravy



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

Before you start
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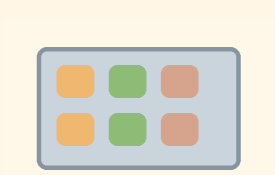
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

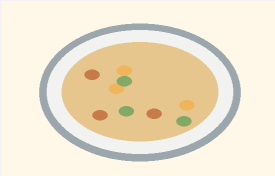
Soft Turkey Meatballs



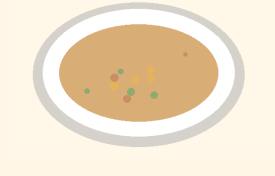
1. Mix mince, crumbs and milk.



2. Form small meatballs and cook thoroughly to 75°C.



3. Break into pieces no larger than 1.5 cm.



4. Moisten with thick gravy; test tenderness.

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 5

Soft Scrambled Egg Bowl

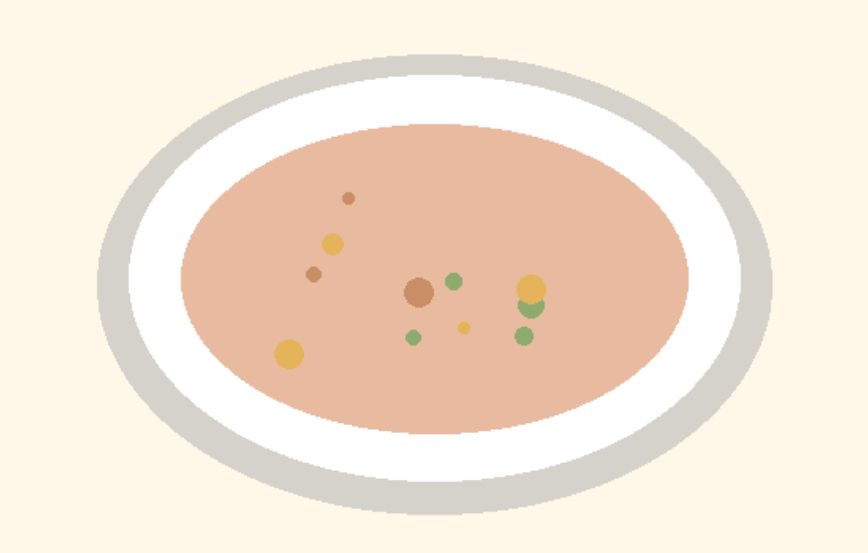
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 2 eggs

☐ 2 tbsp milk

☐ 1/4 cup very soft cooked spinach



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.

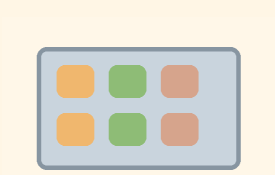
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

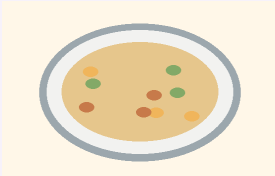
Soft Scrambled Egg Bowl



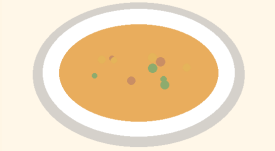
1. Whisk eggs and milk.



2. Cook slowly until fully set and moist.



3. Chop spinach finely and remove fibrous stems.



4. Check any pieces are soft and no larger than 1.5 cm.

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

Moist Pumpkin and Chicken Rice

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

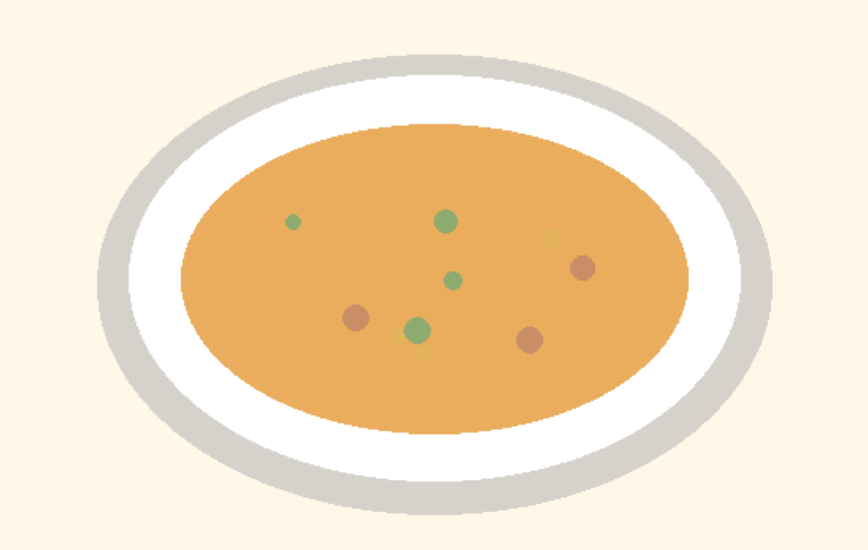
What you need

☐ 1/3 cup rice

☐ 1/3 cup cooked pumpkin

☐ 100 g cooked boneless chicken

☐ 1/3 cup thick sauce



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.

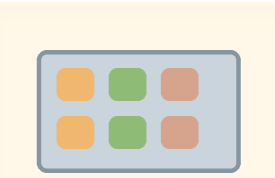
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

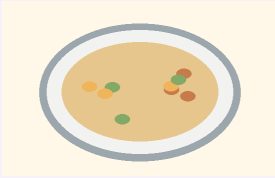
Moist Pumpkin and Chicken Rice



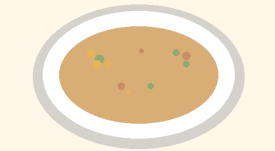
1. Cook rice until very soft and cohesive.



2. Cook chicken to 75°C and chop into small tender pieces.



3. Mash pumpkin and combine with thick sauce.



4. Check the final mixture is moist with no loose thin liquid.

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.

SNACK | RECIPE 7

Soft Apple Cinnamon Bowl

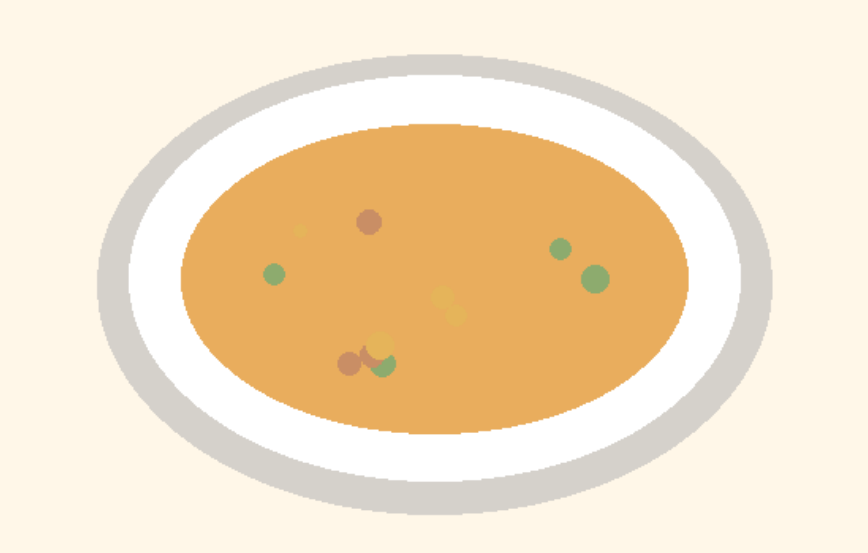
SERVES: approximately 1-2 | Preparation and cooking times vary

What you need

☐ 1 apple

☐ 2 tbsp thick yoghurt

☐ Pinch cinnamon



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.

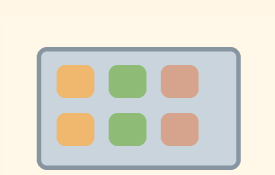
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

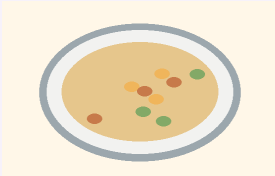
Soft Apple Cinnamon Bowl



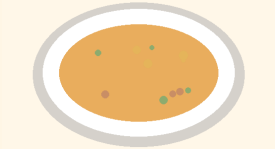
1. Peel, core and dice apple.



2. Poach until very soft.



3. Cut into pieces no larger than 1.5 cm.



4. Serve with thick yoghurt if permitted in the plan.

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

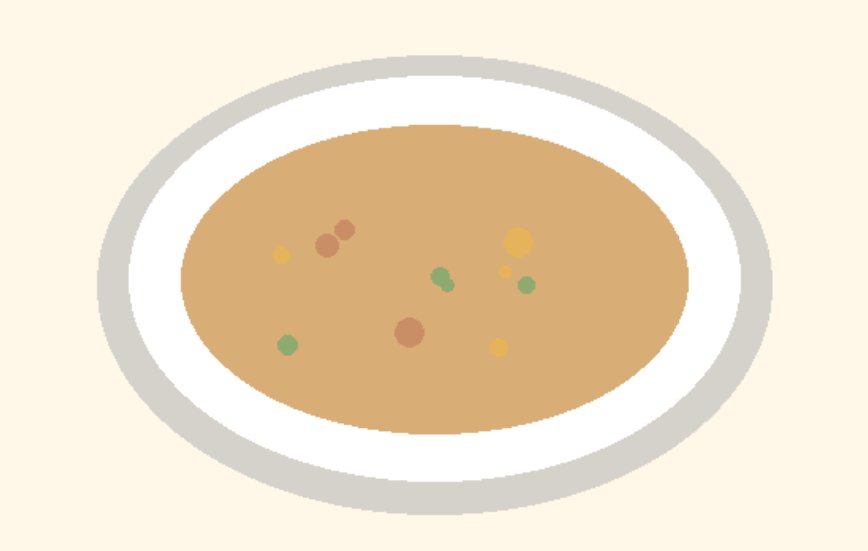
Soft Cauliflower Cheese

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

What you need

☐ 1 cup cauliflower florets

☐ 1/2 cup thick cheese sauce



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.

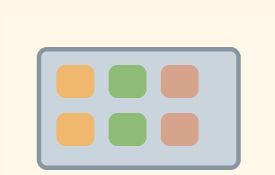
Turn the page for four picture steps.

FOLLOW THE STEPS IN ORDER

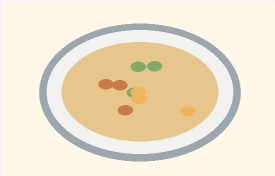
Soft Cauliflower Cheese



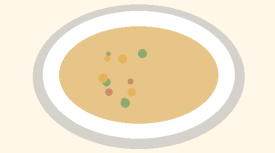
1. Steam cauliflower until completely tender.



2. Cut into pieces no larger than 1.5 cm.



3. Coat well in thick cheese sauce.



4. Test softness with a fork; drain any separated thin liquid.

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.