# 7 REGULAR

IDDSI
International Dysphagia Diet Standardisation Initiative
www.iddsi.org

## Level 7 Regular for Babies and Children

### What is this food texture level?

Level 7 – Regular Foods:

- ✓ Normal, everyday foods of various textures that are appropriate to your child's development (have teeth, has chewing skills)
- ✓ Ability to 'bite off' pieces of food is required
- ✓ Chewing ability is required for hard *and* soft food
- ✓ Ability to chew all types of food textures without tiring easily
- ✓ Includes 'mixed consistency' foods (for example, cereal with milk or soup with vegetables pieces)
- ✓ Includes sandwiches

### Why is this food texture level used for babies and children?

Level 7 – Regular food may be used if your child ***does not*** have problems with chewing or swallowing that would increase their risk for choking. Serve food as normal. For young children cut food into pieces that are appropriate for your child's age. Children under the age of 3 years are especially at a high risk for choking. Examples of foods that children under 3 years have choked on are shown in the table below.

Always supervise your child while they are eating. Encourage children to sit while eating or drinking. If you notice the food pieces are not being chewed well enough, please contact your clinician to make sure your child is on the correct food texture to reduce their choking risk. See local guidelines for what to do in case of choking.

### How do I test my food to make sure it is Level 7 Regular?

There are no specific tests for Level 7 Regular

| EXAMPLES of food characteristics that pose a choking risk for children under 3 years of age | |
|---|---|
| **Hard or dry food** | Nuts, raw vegetables (e.g. carrot, cauliflower, broccoli); dry cakes |
| **Round or long shaped food** | Whole grapes, whole cherries, raisins, sausages, hot dogs |
| **Stringy food** | Celery, beans, rhubarb |
| **Foods with husks** | Corn, bread with grains, shredded wheat, bran |
| **Tough or fibrous foods** | Steak, pineapple |
| **Floppy foods** | Lettuce, cucumber, uncooked baby spinach leaves |
| **Crunchy food** | Popcorn, toast, dry biscuits/cookies, chips/crisps |

**Intended for general information only. Please consult with your health care professional for specific advice for your baby or child**

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