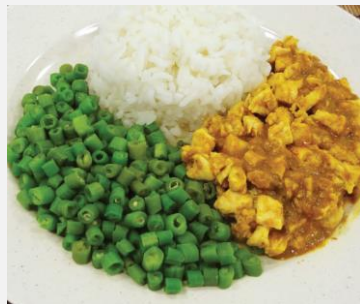


## OLD VS NEW IDDSI FOOD TERMINOLOGIES (ILTC)



### OLD



#### Chopped (Easy to Chew)

- Cut or chop food into small, bite-sized pieces (0.6cm). Food is soft.
- Requires some chewing.



#### Finely minced (Soft & Moist)

- Cut food into tiny pieces e.g. minced meat (0.3cm).
- Minimal chewing is required.



#### Blended (Pureed)

- Blend food until the texture is smooth.
- No chewing is required.

Most similar to

Most similar to

Most similar to



#### REGULAR

Normal everyday food of all textures & sizes.



#### EASY TO CHEW

Soft everyday food. All sizes allowed.



#### SOFT & BITE-SIZED

No bigger than 15x15mm. Soft, moist, easily mashed. Needs some chewing. No mixed consistency.



#### MINCED & MOIST

Small soft lumps easily mashed with tongue. No bigger than 4x15mm. No separate thin fluid.



#### PUREED

Smooth, no lumps, not sticky. No chewing needed.



#### LIQUIDISED

More runny, cannot hold shape. Smooth, no lumps, not sticky. No chewing needed.

