



5 MINCED & MOIST

6 SOFT & BITE-SIZED



When can you change from Baby and Child food piece sizes to Adult food piece sizes?



IDDSI recommends using food pieces that are smaller for babies and children and larger food pieces for teenagers and adults. This is because babies and children’s airways are smaller than adult airways. The smaller size of food pieces is to help reduce the risk of a piece of food fully blocking the airway and causing choking.

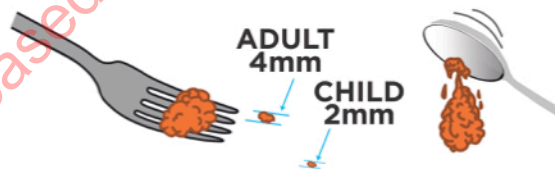


Changes to the size of food pieces is based on the size of your child, as well as their ability to chew food. During puberty children can grow to close to adult size. Puberty can be

used as a guide to change the size of food pieces, but you must check with your clinician to ensure your child has the chewing ability to manage bigger size food pieces. You can also check with your doctor for their advice on when your child is big enough to change to IDDSI adult food piece sizes. Remember to always supervise children of any age when they are eating.



5 MINCED & MOIST

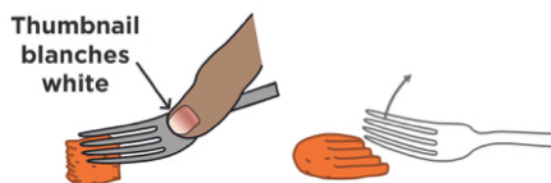


No bigger than 8mm x 8mm lump size for children

No bigger than 1.5cm x 1.5cm bite size for adults



6 SOFT & BITE-SIZED



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