




Snack Ideas for Adults with Eating, Drinking and Swallowing Difficulties

The below gives suggestions only. Each item will need to be tested to make sure it is the correct consistency. Visit IDDSI.org for details on how to test if your snack is the correct consistency as there may be differences between brands and manufacturers may change. Use your camera to scan the QR Codes to take you to this webpage




IDDSI Level 3
Liquidised






LIQUIDISED
MODERATELY THICK



Drips slowly or in dollops/strands through the slots of a fork



- Thickening powder may need to be added to achieve IDDSI Level 3.
- If on Level 4 fluids, Level 3 snacks are not suitable.

Sweet	Savoury
<ul style="list-style-type: none"> Smooth thin yoghurt or fromage frais Thin custard Level 3 tested Milkshakes <p>Liquidise the below with cream/ yoghurt/ custard/ milk to achieve a thin puree consistency. Remove any excess fluid. Smooth jams/ lemon curd/ honey can be added for flavour.</p> <ul style="list-style-type: none"> Instant whip e.g. Angel Delight® Mousse Smooth cheesecake topping (no base) Blended trifle Soft tinned fruit Stewed apples Liquidised Cake Rice pudding 	<ul style="list-style-type: none"> Bowl of soup <p>Liquidise the below with milk/ pouring cream/ cream cheese/ yoghurt/ mayonnaise/ crème fraiche to achieve a thin puree consistency.</p> <ul style="list-style-type: none"> Smooth Hummus Avocado Smooth dips Mousses e.g. Salmon, taramasalata Smooth fish or meat pâté