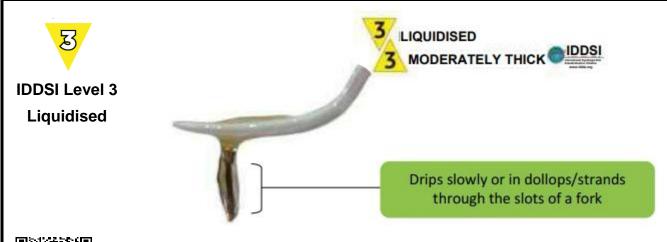




Snack Ideas for Adults with Eating, Drinking and Swallowing Difficulties

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





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

Sweet

- Smooth thin yoghurt or fromage frais
- Thin custard
- Level 3 tested Milkshakes

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.

- Instant whip e.g. Angel Delight®
- Mousse
- Smooth cheesecake topping (no base)
- Blended trifle
- Soft tinned fruit
- Stewed apples
- Liquidised Cake
- Rice pudding

Savoury

Bowl of soup

Liquidise the below with milk/ pouring cream/ cream cheese/ yoghurt/ mayonnaise/ crème fraiche to achieve a thin puree consistency.

- Smooth Hummus
- Avocado
- Smooth dips
- Mousses e.g. Salmon, taramasalata
- Smooth fish or meat pâté