

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

<div data-bbox="252 436 363 526" data-label="Text"> <p>4</p> </div> <div data-bbox="199 537 406 616" data-label="Section-Header"> <h3>IDDSI Level 4 Pureed</h3> </div> <div data-bbox="462 414 622 548" data-label="Image"> </div> <div data-bbox="462 593 622 728" data-label="Image"> </div> <div data-bbox="207 761 670 985" data-label="List-Group"> <ul style="list-style-type: none"> -Some snacks may need sieved prior to serving -Can also enjoy Level 3 snacks if in line with fluid recommendations -Thickening powder may need </div>	<div data-bbox="718 414 925 470" data-label="Text"> <p>Extremely thick liquids sit in a mound or pile above the fork</p> </div> <div data-bbox="718 481 933 694" data-label="Image"> </div> <div data-bbox="718 705 933 828" data-label="Text"> <p>IDDSI Fork Drip Test Liquid does not dollop, or drip continuously through the fork prongs</p> </div> <div data-bbox="957 660 1069 772" data-label="Text"> <p>A small amount may flow through and form a tail below the fork</p> </div> <div data-bbox="1109 481 1276 694" data-label="Image"> </div> <div data-bbox="1292 459 1492 694" data-label="Text"> <p>IDDSI Spoon Tilt Test Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked Sample should not be firm or sticky</p> </div> <div data-bbox="1165 739 1412 772" data-label="Text"> <p>Pureed food must pass both tests!</p> </div> <div data-bbox="981 795 1492 840" data-label="Text"> <p><small>Intended for general information only Please consult with your health care professional for specific advice for your needs</small></p> </div>
<div data-bbox="502 1052 606 1086" data-label="Section-Header"> <h3>Sweet</h3> </div> <div data-bbox="175 1086 885 1355" data-label="List-Group"> <ul style="list-style-type: none"> • Smooth dessert pots e.g. Rolo® or Milkybar® • Panna cotta • Lemon posset • Thick custard • Smooth Semolina • Blancmange • Crème caramel </div> <div data-bbox="175 1377 949 1489" data-label="Text"> <p>Add Whipped cream/ thick custard/ smooth yoghurt/ fromage frais to the below to help reach a puree consistency.</p> </div> <div data-bbox="175 1489 941 1836" data-label="List-Group"> <ul style="list-style-type: none"> • Pureed fruit • Blended cake • -The below can be taken alone or added to puree puddings to enhance their flavour. • Lemon curd • Lemon / lime/ orange juice and zest • Smooth Jams/ marmalades • Smooth chocolate/ hazelnut spreads • Chocolate/ fruit flavoured syrups </div>	<div data-bbox="1173 1041 1308 1075" data-label="Section-Header"> <h3>Savoury</h3> </div> <div data-bbox="989 1075 1492 1646" data-label="List-Group"> <ul style="list-style-type: none"> • Thick, smooth soup • Smooth moist Weetabix®, Porridge or Readybrek® • Smooth cheese spreads • Cream cheese triangles • Soft cream cheese, can add meat/ fish/bean paste for extra flavour. • Smooth dips e.g. smooth guacamole, smooth hummus, sour cream and chive • Avocado pureed with yoghurt or mayonnaise • Smooth peanut butter with thick yoghurt/cream/ milk </div>