



Snack Ideas for Adults with Eating, Drinking and Swallowing Difficulties

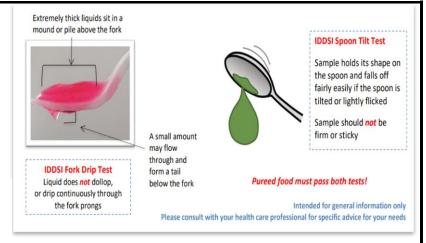
The below gives suggestions only. Each item will need to be tested to make sure it is the correct consistency. Visit IDDSI.org for details on how to test if your snack is the correct consistency as there may be differences between brands and manufacturers may change. Use your camera to scan the QR Codes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







- -Some snacks may need sieved prior to serving
- -Can also enjoy Level 3 snacks if in line with fluid recommendations
- -Thickening powder may need



Sweet

- Smooth dessert pots e.g. Rolo® or Milkybar®
- Panna cotta
- Lemon posset
- Thick custard
- Smooth Semolina
- Blancmange
- Crème caramel

Add Whipped cream/ thick custard/ smooth yoghurt/ fromage frais to the below to help reach a puree consistency.

- 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

Savoury

- 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