




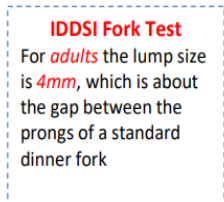
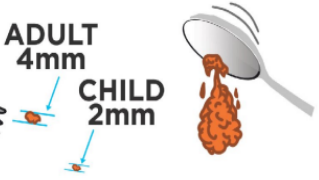
Snack Ideas for Adults with Eating, Drinking and Swallowing Difficulties

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 5
Minced and
Moist**

ADULT 4mm
CHILD 2mm

Minced & Moist food must pass both tests!

Intended for general information only
Please consult with your health care professional for specific advice for your needs

- Can also enjoy snacks from Level 3 and 4 lists
- Check fluid Level recommended.

Sweet	Savoury
<ul style="list-style-type: none"> • Creamed rice, tapioca or semolina • Soaked and drained corn flaked or puffed rice cereals • Well mashed banana • Ripe avocado mashed with banana. Can add chocolate spread or flavouring/ cocoa powder • Small pieces of soft, smooth chocolate e.g. chocolate buttons • Stewed fruit <p>Add Pouring cream/ whipped cream/ custard/ smooth yoghurt/ fromage frais to the below to help reach a minced and moist consistency:</p> <ul style="list-style-type: none"> • Mashed sponge/ cake • Mashed trifle • Melt in the middle puddings • Finely broken biscuit 	<ul style="list-style-type: none"> • Mashed egg/ tuna (with mayonnaise/ butter/ yoghurt/ crème fraiche) • Ripe avocado mashed with Greek yoghurt or cream cheese <p><i>If Speech and Language have recommended transition foods (foods that start as one texture and change to another in the mouth) the below could be considered:</i></p> <ul style="list-style-type: none"> • Soft corn snacks which melt in the mouth, e.g. Skips®, Quavers®, Wotsits® or supermarket own brand • Wafers