

## 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](http://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 6 Soft and Bite-sized



#### IDDSI Fork Pressure Test

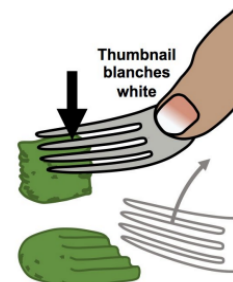
For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about the **width** of a standard dinner fork.

**To make sure the food is soft enough**, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than  
1.5cm x 1.5cm bite size  
for adults



**Soft & Bite-Sized food must pass both size and softness 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, 4 and 5 lists
- Check fluid Level recommended.

#### Sweet

**Soft and bite-sized pieces (no bigger than 1½ cm) of the following:**

- Soft cake/ cake bars
- Soft muffins (no raisins)
- Chocolate rolls broken into bite sized pieces
- Trifle with soft fruit pieces
- Plain biscuits – dunked in hot drinks e.g. ginger nuts, rich tea, digestives
- Soft chocolate, with no fruit/ nuts e.g. Milkyway®
- Soft ripe fruit, skin removed (tinned or fresh) e.g. banana, plums, peach, pear, mango, strawberry, raspberries

#### Savoury

**Soft and bite-sized pieces (no bigger than 1½ cm) of the following:**

- Smooth cheese e.g. goats cheese, brie or camembert with rind removed
- Ripe avocado
- Chopped egg