

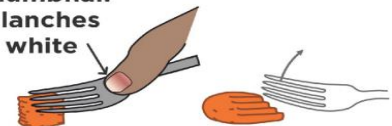
Snack Ideas for Adults with Eating, Drinking and Swallowing Difficulties

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 7 Easy to Chew



**Thumb nail
blanches
white**



*Must be able to break
food apart easily with
the side of a fork or
spoon*

*Easy to Chew foods
must break apart
easily and pass Fork
Pressure Test!*

IDDSI Fork Pressure Test

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

- Can also enjoy snacks from Level 3, 4, 5 and 6 lists
- Check fluid Level recommended

Sweet

- Soft biscuits
- Sponge fingers
- Soft plain/ cheese scones
- Soft fudge

Savoury

- Soft sandwiches with moist fillings e.g. egg or shaved ham/ tuna or ripe avocado with mayonnaise/ salad cream/ sauce
- Boiled eggs
- Crustless quiche
- Egg