

Patient information

Texture modified snacks

Contact Dietitian / Speech and Language Therapist

Telephone number

Your IDDSI texture modified snack level is

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These snack lists are not exhaustive. Other snacks can be given, however they must meet the characteristics for your recommended level.

**If you have been recommended thickened fluids, make sure that fluids are thickened appropriately where required, such as soups, smoothies, milkshakes, malted milk drinks and hot chocolates etc.*

Level 4 (puree)

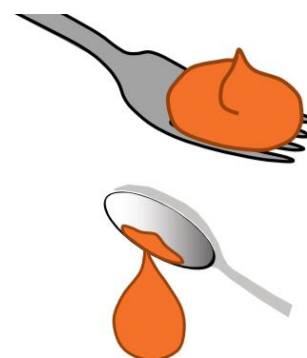
Example snacks:

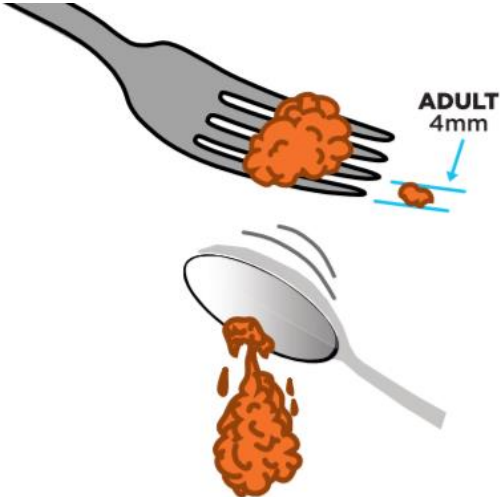
- Puree porridge
- Crème caramel
- Blancmange
- Thick and creamy yogurt
- Chocolate mousse
- Custard
- Pureed smooth fruit fool
- Instant whip
- pureed tinned spaghetti
- Pureed egg with mayonnaise
- Stewed pureed fruit (remove excess

Level 4 (puree)

Characteristics

- Does not need chewing
- A smooth texture with no lumps
- Holds its shape on a spoon
- Usually eaten with a spoon
- Falls off a spoon in a single spoonful when tilted
- Liquid must not separate



<p>thin juice) and custard</p> <ul style="list-style-type: none"> • Cream cheese triangle • Milkshake* or smooth smoothie* • Pureed banana mixed with cream, evaporated milk or custard. • Warm milky drink such as hot chocolate or malted milk drink * • Smooth soup* 	<p>from solids</p>
<p>Level 5 (minced and moist)</p> <p>Example snacks:</p> <ul style="list-style-type: none"> • Small portions of finely chopped cauliflower cheese or macaroni cheese • Porridge or Weetabix® soaked in milk (drain any excess milk before serving) • Mousse • Stewed pureed fruit (remove excess thin juice) with custard • Dissolvable solids such as quavers, cheese puffs and skips • Rice pudding • Thick and creamy yogurt • Creamy scrambled egg • Instant whip • Fruit fool • Cake mashed with custard • Semolina • Mashed banana and custard • Smooth pate • Finely chopped egg mayonnaise • Baked egg custard (without the pastry) • Smooth cheesecake (without the base) • Cream cheese triangle • Milkshakes, smoothies, malted milk drinks, hot chocolate* 	<p>Level 5 (minced and moist)</p> <p>Characteristics</p> <ul style="list-style-type: none"> • Soft, tender and moist • Needs very little chewing • Can be eaten with a fork or spoon • Sauces, gravies and custards should be thick • Pieces should fit between prongs of a fork (4mm x 4mm) 

Level 6 (soft and bite sized)

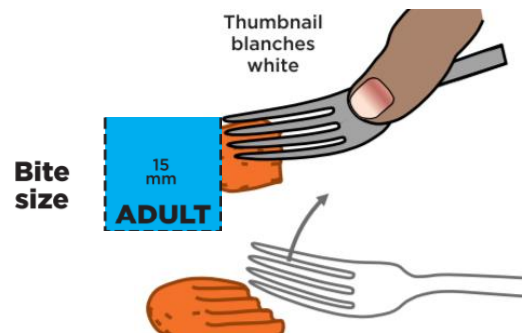
Example snacks:

- Crustless quiche (avoid hard or chewy chunks)
- Scrambled egg
- Egg custard with pastry removed
- Crème caramel
- Soft trifle with bite sized pieces of fruit (avoid jelly if on thickened fluids)
- Soft cake served with custard / evaporated milk / cream
- Soft cheese triangles
- Mashed banana with custard, evaporated milk or cream
- Pate
- Stewed fruit with (drain excess thin fluid) with custard
- Porridge or Weetabix® soaked in milk (drain excess thin fluid)
- Egg mayonnaise
- Mousse
- Fruit fool
- Yogurt
- Instant whip
- Milkshakes, smoothies, malted milk drinks, hot chocolate*
- Chopped tinned fruit with custard
- Dissolvable crisps such as skips, cheese puffs and quavers
- Soft bread sandwiches (cut up into bite sized pieces) with a soft filling and the crusts cut off, as advised by your speech and language therapist.

Level 6 (soft and bite sized)

Characteristics

- Soft, tender and moist
- Can be eaten with a fork or spoon
- Pieces no bigger than a thumb nail (1.5 x 1.5cm)
- Can be mashed with a fork
- Chewing is required before swallowing
- A knife is not required to cut the food



Level 7 (regular easy chew)

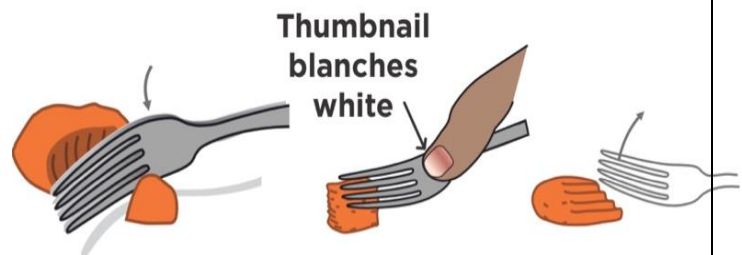
Example snacks:

- Solids and liquids can be mixed together
- Must be able to break food apart easily with the side of a fork or spoon.
- Sausages with the skin removed
- Eggs, scrambled, boiled, poached or fried (with no crispy bits)
- Omelette
- Quiche without the crust (no chewy or hard lumps)
- Pate
- Soft bread sandwiches with a soft filling and the crusts cut off
- Mousse
- Ice cream (avoid if on thickened fluids)
- Yogurt
- Rice pudding
- Custard
- Stewed or poached fruit with the skin removed
- Instant whip
- Cheese cake with the base removed
- Dissolvable crisps such as, skips, cheese puffs and quavers
- Crème caramel
- Tinned fruit without stones
- Biscuits dunked in a drink to soften them
- Soft sponge cake
- Banana
- Avocado

Level 7 (regular easy chew)

Characteristics

- Food is soft, tender and moist.
- Chewing is required before swallowing.
- You should be able to bite off pieces of food.
- You should be able to remove hard pieces of food from your mouth independently.
- Food can be eaten with a fork, spoon or your fingers.
- There is no size restriction. Food can be a range of sizes.
- Solids and liquids can be mixed together
- 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

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