

Pureed Consistency Snack Ideas for Swallowing Difficulties – (IDDSI Level 4)

Department of Nutrition and Dietetics

All snacks must be soft, smooth and lump free.



Fruit & Vegetables:

- Pureed and sieved ripe, peeled, soft, fresh fruit e.g. banana, ripe mango, avocado, peaches, plums, apricots, nectarines
- Pureed soft tinned fruit
- Stewed peeled fruit e.g. rhubarb, apple, pear, plum, peaches
- Fruit juices*
- Small bowl of blended smooth vegetable soup*
- Smooth hummus



Milk & Dairy

- Milkshakes*, smoothies*, yogurt drinks*
- Smooth yogurt, fromage frais
- Finely grated hard cheese melted into hot food and meals
- Soft cheese e.g. Ricotta, Camembert
- Cream cheese e.g. cheese triangles, Philadelphia, Mascarpone

Cake

- Pureed plain cake e.g. Madeira cake, fairy cakes, sponge cake, chocolate cake, must be moistened and pureed with cream, ice cream, custard or sauce

Chocolate, Ice Cream & Desserts

- Smooth cheesecake without the biscuit base
- Tiramisu pureed, mousse
- Custard, Angel Delight, Creme caramel
- Smooth milk pudding e.g. semolina, ground rice milk pudding
- Jelly*, smooth ice cream*, ice pops*
- Chocolate sauce or melted chocolate mixed into dessert
- Smooth jam, honey
- Hot chocolate*, Cappucino*



* If the Speech & Language Therapist has advised thickening of drinks then jelly, ice cream and ice pops must be avoided. Milk, milkshakes, smoothies, yogurt drinks, fruit juice and soup must be thickened accordingly.

