

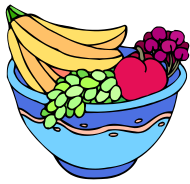
Soft & Bite-Sized Snack Ideas for Swallowing Difficulties – (IDDSI Level 6)

Department of Nutrition and Dietetics

All snacks must be moist and must be in bite-sized pieces that are no bigger than 1.5cm x 1.5cm (refer to IDDSI Guidelines).

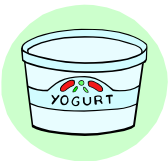
Fruit & Vegetables:

- Ripe, peeled soft fruit e.g. plums, nectarines, apricots, peaches, banana, melon chopped into 1.5 x 1.5cm pieces.
- Tinned fruit in own juice chopped into 1.5 x 1.5cm pieces.
- Stewed peeled fruit e.g. rhubarb, apple, pear, plum.
- Soft fresh or frozen berries e.g. strawberries, raspberries.
- Ripe mango or avocado chopped into 1.5 x 1.5cm pieces.
- Small bowl of vegetable soup*



Milk & Dairy

- Milkshakes*, smoothies*, yogurt drinks*
- Yogurt with small pieces soft fruit, fromage frais
- Grated hard cheese, or soft cheese e.g. Ricotta, Camembert,
- Cream cheese e.g. cheese triangles, Philadelphia, Mascarpone



Crisps

- 'Bite and Dissolve' corn snack crisps broken into bite size pieces e.g. Skips, Snax, Chickatees, Wheelies, Monster Munch, Wotsits

Biscuits & Cake

- Jaffa cakes, wafer biscuits cut into bite size pieces. All other biscuits must be soaked in tea/juice/milk etc
- Plain cake e.g. Madeira cake, fairy cakes, sponge cake, chocolate cake. Swiss roll must be moistened with cream, ice cream, custard or sauce.

Chocolate, Ice Cream & Desserts

- Small chocolate buttons
- Smooth cheesecake without the biscuit base
- Tiramisu, mousse
- Custard, Angel Delight, Milk pudding, Creme caramel
- Jelly*, ice cream*, ice pops*
- 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.

