

Minced and Moist Consistency Snack Ideas for Swallowing Difficulties – (IDDSI Level 5)

Department of Nutrition and Dietetics

**All snacks must be soft and moist, easily mashed with a fork.
Lumps no bigger than 4mm in size (see IDDSI guidelines).**

Fruit & Vegetables:

- Mashed soft fresh fruits e.g. banana, ripe mango, avocado
- Finely diced (4mm) or mashed ripe, peeled soft fruits such as peaches, plums, apricots, nectarines
- Finely diced (4mm) or mashed soft tinned fruit
- Stewed peeled fruit e.g. rhubarb, apple, pear, plum, peaches
- Soft fresh or frozen berries e.g. strawberries, raspberries.
- Ripe mango or avocado finely chopped into 4mm pieces.
- Fruit juices*
- Small bowl of blended vegetable soup*
- Smooth hummus



Milk & Dairy

- Milkshakes*, smoothies*, yogurt drinks*
- Smooth yogurt, fromage frais
- Finely grated hard cheese; soft cheese e.g. Ricotta, Camembert
- Cream cheese e.g. cheese triangles, Philadelphia, Mascarpone



Biscuits & Cake

- Plain biscuits must be soaked in tea/juice/milk and well mashed.
- Plain cake e.g. Madeira cake, fairy cakes, sponge cake, chocolate cake, must be moistened and mashed with cream, ice cream, custard or sauce



Chocolate, Ice Cream & Desserts

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

