








IDDSI Snack Choices – Patients on a modified diet are more likely to require additional calories and snacks. Please offer one of the following as a snack with afternoon tea trolley and evening tea round wherever possible.

Levels that can be offered this snack	Snack description	Considerations
 PUREED  EXTREMELY THICK  MINCED & MOIST  SOFT & BITE-SIZED	Ubley Low Fat Yoghurt (no bits)	Fine for a healthy choice, not ideal for patients requiring weight maintenance/gain.
	Muller Vitality Thick and Creamy (no bits)	Better for weight gain
	Ambrosia Mini pots of custard	Good option for reduced appetite Good alternative to calogen shots Two small pots = 1 muller yoghurt Quite low in protein
	Devon Chocolate custard	Also suitable for IDDSI level 3 diet Calories match the Muller yoghurt Lower in protein
 MINCED & MOIST  SOFT & BITE-SIZED	Ambrosia Rice Pudding	Same as chocolate custard for nutritional value
	Mashed banana	Lower protein ~100calories – add yoghurt or rice pudding to help boost calories
	Wheatabix and milk	Preferable for weight gain than a banana
	Mashed cake (no bits) with yoghurt/custard/rice pudding	Highest in calories therefore best for weight maintenance/gain
	Banoffee Pie pots (IF MIXED TOGETHER)	Low protein High calorie ~100 calories more than any other choice
 SOFT & BITE-SIZED	Fruit pots (IF DRAINED) Peach and Pear Mandarin Segments	Poor nutritional value for weight maintenance/gain Would be better if served with custard etc. to boost calorie content. Higher in sugar

	Cake slices (IF CUT INTO THUMBNAIL SIZED PIECES)	Nutritional value is low Very dry- best served with custard Low protein, low fat ~150cal Boosted to 300cal if provided with custard pot
	Banana (IN THUMBNAIL SIZED PIECES)	Lower protein ~100calories – add yoghurt or rice pudding to help boost calories

SAMPLE ONLY