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.

<table>
<thead>
<tr>
<th>Levels that can be offered this snack</th>
<th>Snack description</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 EXTREMELY THICK</td>
<td>Ubley Low Fat Yoghurt (no bits)</td>
<td>Fine for a healthy choice, not ideal for patients requiring weight maintenance/gain.</td>
</tr>
<tr>
<td>5 MINCED &amp; MOIST</td>
<td>Muller Vitality Thick and Creamy (no bits)</td>
<td>Better for weight gain</td>
</tr>
</tbody>
</table>
| 6 SOFT & BITE-SIZED                  | 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 |
| 5 MINCED & MOIST                     | Devon Chocolate custard | Also suitable for IDDSI level 3 diet  
                                       |  | Calories match the Muller yoghurt  
                                       |  | Lower in protein |
| 6 SOFT & BITE-SIZED                  | Ambrosia Rice Pudding | Same as chocolate custard for nutritional value |
| 5 MINCED & MOIST                     | Mashed banana | Lower protein  
                                       |  | ~100 calories – add yoghurt or rice pudding to help boost calories |
| 6 SOFT & BITE-SIZED                  | Wheatabix and milk | Preferable for weight gain than a banana |
| 6 SOFT & BITE-SIZED                  | Mashed cake (no bits) with yoghurt/custard/rice pudding | Highest in calories therefore best for weight maintenance/gain |
| 6 SOFT & BITE-SIZED                  | Banoffee Pie pots (IF MIXED TOGETHER) | Low protein  
                                       |  | High calorie  
                                       |  | ~100 calories more than any other choice |
| 6 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.  
<pre><code>                                   |  | Higher in sugar |
</code></pre>
<table>
<thead>
<tr>
<th>Item</th>
<th>Nutritional Value</th>
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<tr>
<td>Cake slices (if cut into thumbnail sized pieces)</td>
<td>Nutritional value is low. Very dry, best served with custard. Low protein, low fat (~150cal). Boosted to 300cal if provided with custard pot.</td>
</tr>
<tr>
<td>Banana (in thumbnail sized pieces)</td>
<td>Lower protein. ~100calories – add yoghurt or rice pudding to help boost calories.</td>
</tr>
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