

3 LIQUIDISED



Image: Smooth yoghurt

- SWEET SNACK IDEAS**
Drinkable- ensure sieved and level 3 tested:
- Smooth yogurt (thick and creamy)
 - Custard
 - Fruit Puree (remove excess fluids)
 - Milkshakes (level 3 tested)

- SAVOURY SNACK IDEAS**
Drinkable- ensure sieved and level 3 tested:
- Bowl of soup
 - Avocado liquidised with yoghurt, mayonnaise or cream cheese
- Please note:**
If somebody is on level 4 **fluids**, they cannot have level 3 snacks

4 PUREED



Image: Chocolate Whip

- SWEET SNACK IDEAS**
- Smooth yogurt (thick and creamy)/ custard with smooth syrup style sauces such as chocolate or fruit flavour
 - Fruit puree (remove excess fluid)
 - Chocolate mousse or whip e.g. Angel delight
 - Creme caramel
 - Lemon curd
 - Smooth rice pudding with seedless jam
 - Trifle with soft fruit – may need to be sieved.
 - Pureed plain sponge with thick custard

- SAVOURY SNACK IDEAS**
- Dairylea
 - Smooth Hummus or Guacamole
 - Smooth taramasalata
 - Smooth pate
 - Smooth Nut butter mixed with cream or milk to form Level 4 puree food
 - Soft cream cheese and meat/fish/bean paste (these can be eaten on their own)
- Please note:**
All of these foods need to be a smooth, uniform consistency

5 MINCED & MOIST



Image: Mashed banana

- SWEET SNACK IDEAS**
Any food listed above and:
- Mashed banana
 - Mashed cake with cream / custard
 - Finely broken biscuit in yogurt / custard
 - Avocado mashed with banana
 - Mashed sponge with cream, thick yoghurt or cream
 - Thick milk puddings served with smooth seedless jam

- SAVOURY SNACK IDEAS**
Any food listed above and:
- Mashed egg (with mayonnaise/ butter/ smooth mustard)
 - Mashed tuna (with mayonnaise/ butter/ smooth mustard)
 - Ripe avocado finely mashed with Greek yoghurt or cream cheese. Seasonings such as pepper or finely ground herbs and spices could be added for extra flavour

6 SOFT & BITE-SIZED



Image: Peaches (15x15mm)

- SWEET SNACK IDEAS**
Any food listed above and soft and bitesized pieces of:
- Milkyway
 - Soft cake/ cake bars
 - Soft muffins (no raisins)
 - Soft banana
 - Soft stewed fruit
 - Chocolate rolls broken into bite sized pieces, chocolate buttons, ripe avocado mashed with banana

- SAVOURY SNACK IDEAS**
Any food listed above and soft and bitesized pieces of:
- Smooth cheese (e.g goats cheese, brie or camembert with rind removed)
 - Corn snacks Quavers, wotsits, skips – with care - **at the discretion of your SLT**
 - Ripe avocado mashed with cream cheese or greek yoghurt

7 EASY TO CHEW



Image: Jaffa cake

- SWEET SNACK IDEAS**
Any food listed above and:
- Soft biscuits (jaffa cakes)
 - Sponge fingers
 - Soft plain / cheese / treacle scones (butter/ jam / cream)
 - Soft fudge
 - Soft / stewed fruit

- SAVOURY SNACK IDEAS**
Any food listed above and:
- Soft crustless toast (lots of topping)
 - Soft sandwiches with moist fillings (egg or shaved ham or tuna or ripe avocado. with mayonnaise / salad cream / sauce).
 - Boiled eggs
 - Crustless quiche
 - Soft crisps (wotsits / quavers / skips)
- Remember:** for bread, remove crusts and choose bread without grains and seeds

PLEASE REMEMBER: HARIBO / JELLY SWEETS; MARSHMALLOWS; PINK WAFERS ARE NORMAL FOODS AND ARE NOT SUITABLE FOR THOSE ON A TEXTURE MODIFIED DIET