

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 houmous 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
- Ripe 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

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 or treacle scones (with butter/ jam / cream)
- Soft fudge
- Soft or stewed fruit

SAVOURY SNACK IDEAS

Any food listed above and:

- Soft crustless toast (lots of topping)
- Soft sandwiches with moist fillings (e.g. egg, shaved ham, 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