

Texture Modified Snacks



Information for patients - Dietetics Department

Level 4 Pureed Snacks

- ❖ Pureed Fruit with high calorie accompaniment such as double cream, condensed milk, evaporated milk blended through
- ❖ Smooth full fat yoghurt / fromage frais
- ❖ Custard
- ❖ Mousse
- ❖ Creme Caramel
- ❖ Weetabix mixed with full fat milk
- ❖ Angel Delight
- ❖ Ice cream - allow to melt and thicken to correct consistency

Level 5 Minced & Moist Snacks

- ❖ Rice pudding served with puree fruit (optional)
- ❖ Moist plain sponge cake mashed up with cream / custard / yoghurt
- ❖ Any of the Level 4 snacks would be appropriate

Level 6 Soft & Bite-sized Snacks

- ❖ Trifle
- ❖ Tiramisu
- ❖ Swiss roll / Marble cake / sponge cake mashed with cream or custard
- ❖ Crustless vanilla bread soaked in milk
- ❖ Crustless bread soaked in stock / oxo / bovril
- ❖ Biscuit soaked in cream or milk
- ❖ Banana split (mashed banana with cream and chocolate sauce)
- ❖ Any of the Level 4 & 5 snacks would be appropriate



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