

MODIFIED TEXTURE* SNACKS FOR PATIENTS AT NUTRITIONAL RISK

*To be used in line with textures recommended by Speech and Language Therapist

SOFT AND BITE SIZED TEXTURE (LEVEL 6)	MINCED AND MOIST TEXTURE (LEVEL 5)	PUREED TEXTURE (LEVEL 4)
<p>Custard pot</p> <p>Smooth full fat yogurt e.g. Thick and creamy</p> <p>Smooth full fat fromage frais</p> <p>Weetabix with milk (make sure milk is fully absorbed)</p> <p>Mousse</p> <p>Rice pudding pots</p> <p>Moist sponge cake cut into 1.5x1.5cm pieces (no dried fruit, nuts or hard decorations) must be served with cream/ custard/ yoghurt</p> <p>Banana (pieces no bigger than 1.5cm)</p> <p>Crème caramel – drain liquid if on thickened fluids</p>	<p>Custard pot</p> <p>Smooth full fat yogurt with no bits e.g. Thick and creamy, Greek style</p> <p>Smooth full fat fromage frais</p> <p>Weetabix with milk (make sure milk is fully absorbed) – no separate fluid</p> <p>Mousse</p> <p>Rice pudding pots</p> <p>Moist, plain sponge cake (no dried fruit, nuts or hard decorations) must be well mashed down with cream / custard / yoghurt</p> <p>Mashed banana (well mashed down)</p> <p>Crème caramel – drain liquid if on thickened fluids</p>	<p>Custard pot</p> <p>Smooth full fat yogurt with no bits</p> <p>Smooth full fat fromage frais with no bits</p> <p>Instant porridge or “Ready Brek” with milk (make sure milk is fully absorbed)</p> <p>Mousse with no bits</p> <p>Crème caramel – drain liquid if on thickened fluids</p>