

## Snack ideas for texture modified diets

You have been recommended a modified texture diet. You may need some ideas to find foods to snack on.

This handout will give you ideas for quick and easy snacks. This is useful if you are missing meals or snacks due to appointments or when you are away from home.

If you are on thickened fluids, some foods listed below may not be safe for you. Check with your Speech Pathologist or Dietitian.

**You can bring cold foods to appointments in an esky/cooler bag with an icepack.**

### 7

#### Level 7 Easy to Chew

- Soft cheeses (e.g. camembert, ricotta, cottage cheese)
- Soft sandwiches with moist fillings.
  - Try egg or shaved ham or tuna or ripe avocado with your favourite mayonnaise or sauce.
  - Remove crusts.
  - Choose bread without grains and seeds.
- Soft boiled eggs, or hard-boiled eggs with lots of mayonnaise
- Tinned baked beans or spaghetti
- Soft tofu
- Soft pancakes and pikelets with a moist topping
- Quiche and egg slices without the crust
- Fresh or shelf stable custard and puddings
- Yoghurt
- Diced fruit – drain excess liquid, fruit in jelly
- Any foods listed below

**6****Level 6 Soft and Bite Sized**

- Mashed boiled egg. Try adding mayonnaise, avocado, ricotta or cottage cheese
  - Tinned baked beans or small shaped tinned spaghetti such as alphabet spaghetti
  - Tinned tuna with excess liquid drained
  - Soft tofu (small pieces)
  - Fresh or shelf stable custard and puddings
  - Yoghurt
  - Diced fruit – drain excess liquid, fruit in jelly
  - Any foods listed below
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**5****Level 5 Minced and Moist**

- Mashed tinned baked beans and spaghetti
- Crumbled soft tofu
- Fresh or shelf stable custard and soft puddings – try rice pudding, crème caramel, tiramisu
- Smooth yoghurts (with no pieces of fruit)
- Pureed fruits or soft mashed fresh fruit such as ripe banana
- Jelly
- Any foods listed below

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**Level 4 Pureed**

- Fresh or shelf stable custard and smooth puddings – try crème caramel, mousse
- Smooth yoghurts. For example Chobani™ tubs and pouches, Nutri-grain To Go™ Squeezer, YoPRO™ yoghurt drinks
- Pureed fruits
- Jelly
- Plain ice-cream cups

Notes:

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*For further information contact your Dietitian:* \_\_\_\_\_

*And / or your Speech Pathologist:* \_\_\_\_\_

