



# IDDSI

International Dysphagia Diet  
Standardisation Initiative

# **Nutrition and Dignity; Snacking with Love with IDDSI**

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**Developed with the IDDSI conference group**

# The perfect drinks trolley



Plain biscuits, fruit pots/platter x1  
Nourishing snacks x2

Hot water, pot of tea, instant coffee, sugar & sweeteners

Pureed snacks

Hot milk  
(coffee, hot chocolate, malted drinks)

Fortified milkshake

Pot skimmed milk powder, jug cream

Fortified milk

Fresh milk

Squash or fruit juice  
Tins of food thickener

Tablespoon measuring spoon  
Mini whisks



- Safe
- Appealing:
  - Size, appearance, taste
- Varied
- Great nutrition



# Impact of nourishing snacks and drinks



# Perception of IDDSI snacks

- Maybe the same pureed snack provided for people on level 4, 5 and 6 diets
- Sweet often predominant snacks
- Savoury snacks
- Understand the food preferences of your clients
- Small plate concept









- Safe – IDDSI testing
- Appealing:
  - Size, appearance, taste
- Varied
- Great nutrition
  
- Improved nutrition
- Enjoyment
- Social aspect
- Dignity

**“Adapting the food people love”**