

Nutrition and Dignity; Snacking with Love with IDDSI

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Developed with the IDDSI conference group

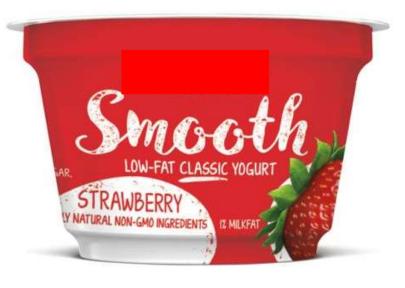
The perfect drinks trolley



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







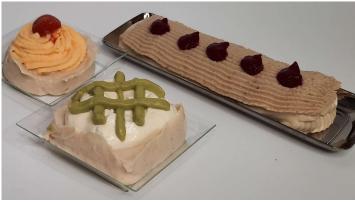


Perception of IDDSI snacks

- 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







• What are the best altered consistency snacks you have seen?

• What altered consistency snacks you would like to see?

5 minutes to discuss

























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

"Adapting the food people love"

