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

Fortified milk

Fortified milkshake

Hot milk
(coffee, hot chocolate, malted drinks)

Pot skimmed milk powder, jug cream

Fresh milk

Squash or fruit juice

Tins of food thickener

Tablespoon measuring spoon
Mini whisks

Pureed snacks

Plain biscuits, fruit pots/platter x1
Nourishing snacks x2
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”