



Children with dysphagia should have an up-to-date assessment from a dysphagia trained speech and language therapist as well as guidelines about which textures and quantity they may safely eat.

| | | IDDSI |
|-----------|-----------|---------------------|
| chicken | hot | 3 but not smooth |
| | cold | 4 |
| bolognese | hot | 4 |
| | cold | 4-5 |
| savoury | weetabix* | 5 minced & moist |

*savoury weetabix recipe

1 x 30g slice of KetoClassic 3:1 Savoury mixed with:

1. 40 ml whole milk (4%)

or

2. 20ml whole milk and 20 ml double cream

Cold milk and cream were used in this assessment. The texture may vary with warm liquid.

When recommending this product to patients with swallowing difficulty, please ensure that they have been assessed by a Speech and Language Therapist as being safe to eat minced and moist texture food.