Claims

1. An adapting device (6) for adapting at least one capsule or pod (100) into the capsule holder (7) of a food preparation machine ~~according to claims 1 or 2~~, for preparing a food product, said machine being adapted to receive a capsule or pod holder which is itself configured to receive and hold at least one capsule or pod of a first kind, and comprising a fluid injection element (11) which can be moved relative to the capsule or pod holder, for circulating a fluid under pressure through the capsule or pod internal chamber to a discharge opening of said capsule or pod, wherein said capsule or pod (100) is smaller than capsules