

Finger Foods

This dietary advice sheet provides general information to help you, or somebody you care for, make dietary changes to improve nutritional intake. If you are concerned about your weight, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

- Offering finger foods can improve nutritional intake and help maintain independence, especially for people who like to walk about at mealtimes.
- If caring for somebody with poor dietary intake, try to offer the **type** of food the person likes, at the **times** and in the **place**, they are most likely to eat.
- Please see below for examples of finger foods within different food groups. Where possible, try to offer foods from each group over the course of a day to support a balanced diet.

Breads and cereals

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| <ul style="list-style-type: none"> • Buttered toast or bread fingers • Sandwiches • Buttered crumpets or muffins • Biscuits • Slices of gingerbread or fruit cake • Soft cereal bars | <ul style="list-style-type: none"> • Small bread rolls with butter • Chapattis or small pitta breads • Crackers with butter and soft cheese • Scones, malt loaf, fruit loaf, teacakes • Waffles • Toast and pâté |
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Meat, fish, and alternatives

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| <ul style="list-style-type: none"> • Meat sliced and cut into pieces • Sausages, chipolatas, hotdogs • Slices of pork pie • Slices of quiche, pizza, cheese on toast • Cheese cubes • Peanut-butter sandwich | <ul style="list-style-type: none"> • Chicken breast (moist) cut into pieces • Hamburgers, meatballs • Fish fingers, crabsticks • Veggie burgers or veggie sausages • Hard-boiled eggs, quartered • Hummus sandwich |
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Fruit

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| <ul style="list-style-type: none"> • Slices of apple or pear • Melon wedges • Pineapple chunks or rings • Orange segments • Strawberries or raspberries • Slices of kiwi fruit | <ul style="list-style-type: none"> • Nectarines or peaches (stone removed) sliced • Bananas (whole or sliced) • Seedless grapes • Apricots (stone removed) halved |
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Finger Foods

Vegetables

- Cucumber slices or sticks
- Celery sticks
- Cherry tomatoes or salad tomatoes cut into wedges
- Courgette slices or sticks
- Sliced peppers
- Mushrooms
- Broccoli florets
- Cauliflower florets
- Carrot, swede, or parsnip cut into sticks or cubes
- Brussel sprouts
- Green beans or mange tout

Dried fruit

- Ready-to-eat apricots
- Pears
- Apple rings
- Stoned prunes

Potatoes

- Potato (or sweet potato) wedges or chunky chips
- Small roast potatoes
- Boiled potatoes, whole or halved
- Plantain slices or cubes, fried

Example menu

Note: meals in company with others can be a useful cue to remind about eating

Breakfast

Buttered toast fingers with butter/spread and yeast extract
Glass of fruit juice

Mid-morning

Soft cereal bar & dried apricots

Light meal

Sardine sandwich, cherry tomatoes (or vegetable sticks)
Slice of fruit cake

Main meal

Fish fingers, potato wedges, carrot sticks, individual fruit pie

Evening snack

All milk drink or smoothie

Try to ensure a total of 8-10 cups of fluid per day