

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.

Finger Foods

- 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

Buttered toast or bread fingers	Small bread rolls with butter
Sandwiches	Chapattis or small pitta breads
Buttered crumpets or muffins	Crackers with butter and soft cheese
Biscuits	Scones, malt loaf, fruit loaf, teacakes
Slices of gingerbread or fruit cake	Waffles
Soft cereal bars	Toast and pâté

Meat, fish and alternatives

Meat sliced and cut into pieces	Chicken breast (moist) cut into pieces
Sausages, chipolatas, hotdogs	Hamburgers, meatballs
Slices of pork pie	Fish fingers, crabsticks
Slices of quiche, pizza, cheese on toast	Veggie burgers or veggie sausages
Cheese cubes	Hard-boiled eggs, quartered
Peanut-butter sandwich	Hummus sandwich

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Fruit

Slices of apple or pear

Melon wedges

Pineapple chunks or rings

Orange segments

Strawberries or raspberries

Nectarines or peaches (stone removed) sliced

Bananas (whole or sliced)

Seedless grapes

Apricots (stone removed) halved

Slices of kiwi fruit

Vegetables

Broccoli florets

Cauliflower florets

Carrot, swede or parsnip cut into sticks or cubes

Brussel sprouts

Green beans or mange tout

Cucumber slices or sticks; Celery sticks

Cherry tomatoes or salad tomatoes cut into wedges

Courgette slices or sticks

Sliced peppers

Mushrooms

Dried fruit

Ready-to-eat apricots, pears, apple rings or 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

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