

Finger Foods to Help You to Maintain Your Independence

Contact dietitian: Telephone no:

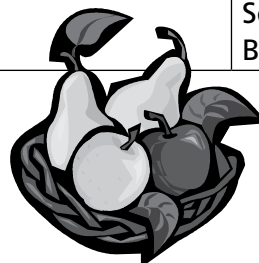
Finger foods are perfect for people who have difficulties using cutlery, as they can be picked up easily with the hands.

Finger foods enable people to feed themselves and this helps to maintain their independence at meal times. They can help to improve self-confidence and may also help to restore lost interest in food. Finger foods can also be taken on the move so are ideal for those who tend to leave the table and walk about at meal times.

Ideas for finger foods

Food type	Finger food ideas
Bread, cereals, potatoes, pasta, rice	Sandwiches Buttered toast, bread fingers or small bread rolls Buttered crumpets or muffins Biscuits Crackers with soft cheese Soft cereal bars Breadsticks or rice cakes Chapattis or small pitta breads Waffles Potato wedges or chips Small roast or boiled potatoes Scones, malt loaf, fruit loaf or teacakes Slice of fruit or sponge cake

Food type	Finger food ideas
Meat, fish and alternatives	Sliced or cubed meat or chicken breast pieces Fish fingers or fish cakes Slices of pork pie Slices of quiche or pizza Vegetarian sausages Quartered hard-boiled eggs Fingers of toast with peanut butter Crabsticks
Milk and dairy	Cheese cubes Fingers of cheese on toast Cheese straws Cheese scone with butter Milk lollies
Fruit and vegetables	Carrot or celery sticks Pepper slices Broccoli or cauliflower florets Cherry tomatoes Cucumber slices Cold new potatoes Brussels sprouts Green beans Mushrooms Slices of apple, pear, melon, nectarine or peach Orange segments Pineapple chunks Kiwi fruit Strawberries Dried apricots, raisins or prunes Seedless grapes Bananas



Finger food sample menu ideas

Remember to offer drinks regularly throughout the day – a rough guide is about eight cups a day.

Breakfast

- Buttered toast fingers with peanut butter or quartered boiled egg
- Buttered muffin
- Cereal bar

Include a small glass of pure fruit juice or sliced fresh fruit

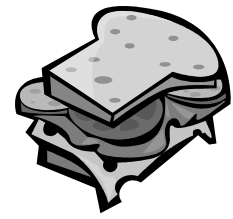
Lunch

Main

- Chicken, pork or beef pieces with roast potatoes, broccoli and carrots
- Fish fingers or fish cakes with potato wedges or waffles and cherry tomatoes and/or cucumber
- Sliced quiche with small boiled potatoes and green beans or salad
- Vegetarian sausages sliced, with roast or boiled potatoes and broccoli or cauliflower

Dessert

- Fresh fruit slices with yoghurt dip
- Handful of dried fruit
- Sliced fruit or sponge cake
- Cheese and biscuits
- Milk lolly or choc ice



Dinner

Main

- Sandwich with soft cheese, egg mayonnaise, tuna, ham or other meat, peanut butter, meat or fish paste or cheese served with cherry tomatoes and cucumber or celery
- Boiled egg with bread or toast slices for dipping
- Fingers of cheese on toast
- Buffet style – cheese cubes, boiled egg, small bread rolls, cooked meat, slice of quiche, pickled onion, crisps, cherry tomatoes, carrot or celery sticks with hummus for dipping
- Soup in a mug served with buttered bread fingers for dipping

Dessert – as per lunch suggestions

Supper

- Hot milky drink
- Biscuit or flapjack
- Cheese and biscuits

Snack ideas

Sliced malt loaf; teacake, muffin or crumpet; buttered crackers with soft cheese; savoury or sweet scone; toast or bread fingers with peanut butter; fresh or dried fruit; slice of fruit or sponge cake.

Some people who eat finger foods may need a lower energy intake, for example if they are overweight, have diabetes or low physical activity. Please speak to a dietitian for guidance.

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