

# Finger foods: Advice for patients, relatives and carers - A Food First Approach

People sometimes struggle with foods that are eaten using cutlery. Try "finger foods" that can be picked up and eaten. Below are some suggested foods to offer.

If you have been seen by the speech and language therapist and diagnosed with **DYSPHAGIA** (problems with swallowing) please do not use this leaflet.

## Finger food tips

Try to eat 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours. Try these finger foods.

- **Bite-size pieces** of moist foods are the best choice. Some dry or crumbly foods may cause problems as they may be too dry to swallow.
- **Choose** foods that are moist but not too messy
- **Foods** should be served at room temperature, so that people can eat at their own pace.
- **Try** to make finger foods look attractive and colourful on the plate
- **Drinking during meals may make you feel full** so try and wait until after you have finished eating to have a drink.

It is a good idea to ensure that wipes or hot flannels are available before and after meals so that people can wipe their hands.

## Breakfast foods

- Buttered toast or bread fingers with jam, marmalade, chocolate spread or nut butter
- Buttered crumpets
- Buttered potato cake
- Muffins
- Croissants
- Brioche rolls
- Eggy bread squares
- Egg and soldiers,
- Hard-boiled egg
- Pieces of firm omelette
- Sausages
- Pancake rolled with filling
- Soft cereal bars



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## Main meals

- Small sandwiches, soft rolls, chapatti or pitta bread with fillings:

- |                  |                  |               |
|------------------|------------------|---------------|
| Cream cheese     | tuna/egg mayo    | peanut butter |
| Jam              | chocolate spread | dahl          |
| Sandwich fillers | hummus           | meat pate     |
| Cheese           | beef burger      | sausage       |
| Cold meat        | fish pate        |               |
- Meatballs, mini sausages, mini pies, slices meatloaf
  - Chicken nuggets, chicken drum sticks
  - Fish fingers or fish cakes, crab sticks, fish goujons
  - Mini or sliced quiche, pizza
  - Pieces omelette, boiled egg , scotch egg
  - Samosa, bhaji, spring roll
  - Cheese on toast
  - Boiled new potatoes, chips, wedges, sweet potato chips
  - Dim sum, sushi
  - Cherry tomatoes, cucumber, carrot, pepper sticks, broccoli florets

## Between-meal snacks

- Cheese biscuits
- Waffles
- Buttered muffins, scones, pancakes
- Slice of cake - fruit loaf, malt loaf, finger cake, ginger cake
- Crackers with butter and soft cheese
- Cereal bar or flapjack
- Cream filled or chocolate covered biscuits
- Crisps or nuts
- Chocolate covered fruit
- Small treat size chocolate bar
- Cheese cubes
- Sandwiches or toast cut into squares/triangles
- Cocktail sausages, sausage rolls, hot dogs
- Small pork pie, scotch egg
- Melon chunks, orange segments, slices of apple/pineapple/mango

## Dessert ideas

- Individual fruit pies
- Ice cream
- Ginger cake
- Jam tart
- Custard tarts
- Slice of bread and butter pudding
- Fruit or Danish pastry
- malt loaf
- Doughnut
- Biscuits or short bread
- Dried fruit - plain or coated
- Grapes, strawberries, slices banana



**Try to have 3 meals, 3 snacks, nourishing drinks between meals and enrich your food.**

Your dietitian: \_\_\_\_\_ Contact number: \_\_\_\_\_

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