

Finger Foods

If you, or someone you care for, are struggling to use a knife and fork for meals and snacks, this leaflet contains ideas of foods that can be eaten without a knife and fork.

Considerations when Preparing Finger Foods

- **Size:** Make sure foods are cut into pieces that can be easily held - not too small or too large
- **Moisture:** Avoid very dry and tough foods, and use dips and sauces to moisten food
- **Temperature:** Ensure foods are neither too hot nor too cold to be held
- **Presentation:** Foods should look appetising and be well presented. Think about the colour contrast between the food and the plate.
- **Balance:** It is important to eat a balanced diet. Aim to include food from all of the food groups below

Finger Food Ideas

Starchy foods	Wholemeal breads, finger sandwiches, biscuits, crackers, bread sticks, rice cakes, pitta bread, boiled or roast potato, potato croquettes, oven chips, potato wedges, hash browns, cereal bars, bagels
Fruit	Sliced kiwi, melon, mango, banana, apple, dried fruit, pineapple chunks, orange segments, seedless grapes
High protein foods	Meatballs, sliced meats, sliced chicken breast, fishcakes or fish fingers, bean burgers, sausages, chorizo or salami, chicken goujons, sliced boiled eggs, cheese slices or cubes, frittata or Spanish omelette, falafel
Vegetables	Steamed or raw carrots, cucumber slices or batons, broccoli or cauliflower florets, sliced sweet pepper, green beans, sugar snap peas, baby sweetcorn, mushrooms, sliced or cherry tomatoes, lettuce leaves
Snacks	Fruit toast, muffins, biscuits, choc ice, ice cream cone, tea cake, sponge cake slices, scones, crumpet, mini Danish pastry, cereal bar, malt loaf, nuts and dried fruit, brioche
High calorie options	Quiche, pizza, hamburgers, sausage roll, scotch eggs, pork pie, pancakes, potato crisps and maize snacks, cheese cubes, choc ices and ice creams, cakes or cake slices
Dips	Hummus, refried beans, guacamole, salsa, cheese and chive, taramasalata, mayonnaise, tzatziki, coleslaw, pâté

Example Finger Food Menus

Breakfast

Banana Buttered wholemeal toast and jam cut into quarters or Croissant/mini Danish pastry Orange juice Tea, Coffee or water	Apple slices Wholemeal bread toast with margarine cut into strips Boiled eggs Milkshake Tea, Coffee or water	Sausage Hash brown Bacon sandwiches Banana flapjack/cereal bar Orange quarters Tea, Coffee or water
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Mid-Morning

Dried apricots, biscuit selection Cheese biscuits Tea, coffee, water or squash	Sweet and savoury muffins Fruit platter Tea, coffee, water or squash	Crisps, biscuit selection Dried fruit and nut mix Tea, coffee, water or squash
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Lunch

Sliced pork pie Cherry tomato & sliced pepper Mayonnaise and ketchup dips Buttered bread or tortilla wrap Gingerbread Grapes Glass of orange juice	Chicken breast cut into fingers Boiled potatoes Steamed carrot batons Cauliflower and broccoli florets Fruit cake Kiwi fruit wedges Glass of apple juice	Sliced vegetable quiche Potato croquettes or wedges Sugar-snap peas or green beans Baby sweetcorn Mini fruit tarts Glass of tomato juice
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Mid-Afternoon

Fruit scone with jam and raspberries Squares of chocolate Tea, coffee, water, squash, smoothie or milkshake	Rice cakes with creamy dip or hummus Cheese straws Tea, coffee, water, squash, smoothie or milkshake	Cheese and cracker selection Grapes and apple slices Crumpet with butter Tea, coffee, water, squash, smoothie or milkshake
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Evening Meal

Chicken kebabs (served off skewer) Tortilla wrap and dip Cucumber batons Chocolate finger biscuits Satsuma Water or fruit squash	Buttered bread roll Mug of tomato soup Sliced pizza Bread and butter pudding squares Blueberries Water or fruit squash	Tinned mackerel in tomato sauce Buttered wholemeal toast Cherry tomatoes Carrot and cucumber batons Strawberries Water or fruit squash
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Bedtime

Hot chocolate Biscuit selection	Malted milk drink Fruit toast	Hot milk Sandwich selection
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If you have diabetes:

You can have a moderate amount of sugar containing foods. You may need to avoid large amounts of fruit juices or full sugar soft drinks, and monitor your blood sugars more closely. Speak to your GP, nurse or diabetes team for more information.

If you are concerned that you are continuing to lose weight or struggling with your appetite, speak to your GP, community nurse, pharmacist or dietitian.