

Finger foods

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 information sheet.

Finger food tips

- Try to eat three meals each day, plus three snacks and nourishing drinks between meals, but if you can't eat a full meal, eat a small amount every 2-3 hours.
- Bite-size pieces of moist foods are the best choice as some dry or crumbly foods may cause problems if they're 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've finished eating to have a drink
- It's 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
- Egg bread squares
- Egg and soldiers
- Hard-boiled egg
- Pieces of firm omelette
- Sausages
- Pancake rolled with filling
- Soft cereal bars



Main meals

- Meatballs/ mini sausages/ mini pies/ slices of meatloaf
- Chicken nuggets/ chicken drumsticks
- Fish fingers/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

Small sandwiches/ rolls/ pitta bread with fillings, such as:

- Cream cheese
- Tuna/egg mayo
- Peanut butter
- Jam
- Chocolate spread
- Dahl
- Sandwich fillers
- Hummus
- Meat pate
- Cheese
- Beef burger
- Sausage
- Cold meat
- Fish pate



Between-meal snacks

- Cheese biscuits
- Waffles
- Buttered muffins/ scones/ pancakes
- Slice of cake - fruit loaf, malt loaf, finger cake or 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 or slices of apple/pineapple/mango

Dessert ideas

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

