

HIGH CALORIE FINGER FOODS

For those people with Dementia who struggle to use cutlery or wander at mealtimes, finger foods can prolong independence & dignity.

The use of finger foods can improve a poor appetite & increase food intake between meals.

Finger foods are also ideal for people who require longer to eat. They can eat at their own pace & because they are served at room temperature, they don't go cold.

If finger foods are initially rejected, offer them again at other mealtimes, over several days.

Tips for preparing finger foods



- Choose variety of finger foods for meals, puddings & snacks to prevent repetition & ensure meals are nutritionally balanced.
- Use foods that are robust & easy to hold.
- Choose foods that are moist & not too messy.
- Serve finger foods in small pieces.
- Finger foods can easily be prepared in advance & serve at room temperature.
- Be creative
 - Make sure finger foods look attractive on the plate.
 - Make mini versions of food rather than cutting up larger versions.
- Offer finger foods of correct texture. If a person manages more easily with soft foods, do not offer raw vegetables !!
- Establish food likes & dislikes.

Breakfast food ideas



- Buttered toast or bread fingers with jam, marmalade, hummus, peanut butter, honey, chocolate spread or lemon curd
- Buttered crumpets or muffins with jam
- Buttered scotch pancakes with jam
- Brioche, Croissants, Pastries
- Buttered hot cross buns
- Waffles with syrup
- Buttered teacakes, Fruit loaf, Malt loaf
- Buttered scone with jam
- Eggy bread squares
- Mini sausages
- Dried fruit – dates, apricots
- Soft cereal bars
- Cheese on toast slices
- Boiled egg, cut into quarters

Main meal ideas



- Meat, sliced & cut into pieces e.g: beef, pork or lamb (meat that is dry may be difficult to eat, so try to keep it moist).
- Chicken or turkey breast (moist) cut into pieces.
- Small beef burgers, meatballs, sausages, chipolatas or hotdogs.
- Slices of meatloaf

Fruit and Vegetables



Not high in calories or protein but an important part of the diet to give variety & vitamins and minerals.

- Vegetables can be steamed, roasted, boiled or served raw.

- Fruit can be peeled if preferred. The peel may make it easier for the person to grip the pieces especially if slippery fruit as peach or nectarine.

Banana – whole, chunks or slices

Melon chunks

Orange segments

Apple or Pear slices

Strawberries, Raspberries

Dried apricots, Apple rings or Pears

Pineapple chunks or rings

Slices kiwi fruit

Nectarine or Peach slices (stone removed)

Seedless grapes

Carrot & Parsnip fingers

Cauliflower or Broccoli florets

Cherry tomatoes, Cucumber slices or sticks

Button mushrooms

Brussel sprouts

Courgette, Celery, Pepper slices or sticks

Green beans or Mange tout

Vegetable crisps

Dessert ideas



- Slice of fruit cake or gingerbread
- Small cakes or buns, slices of cake
- Fancy biscuits – chocolate, caramel & cream/jam varieties
- Ice cream in a cone, Ice lolly
- Mini fruit pies, Tarts, Egg custard
- Chocolate
- Pieces of flapjack, Cookies
- Mini sweet muffins or Doughnut
- Cereal & fruit/nut bars
- Pancake rolled with filling – chocolate spread, syrup, peanut butter
- Sponge or bread & butter pudding chunks with creamy custard dip
- Fruit wedges with a thick & creamy yogurt dip

References:

Alzheimer's Society (2009) Alzheimer's Society guide to catering for people with dementia

Caroline Walker Trust (2011) Eating Well: Supporting older people & older people with dementia