



Living well with Dementia

Maintaining independence with eating and drinking

Finger foods

The use of finger foods can be a great way to maintain independence and maximise nutritional intake.

Some people who need support to eat with cutlery have found they are able to keep their independence and feed themselves with finger foods.

Finger foods are also easy to prepare in advance.

This advice leaflet is suitable for those on a soft or normal diet.

It is not appropriate for those on a pureed or fork mashable diet.

When preparing finger foods:

- know / find out the person's food preferences
- think about colour, flavours, textures and temperature of the food
- try adding preferred flavours to finger foods e.g. dip sponge fingers into jam, honey or Marmite

This leaflet has been produced as a useful guide, but is not an exhaustive list of possible foods to try.

Breads and cereals

- Buttered toast or bread fingers-no crust (s)
- Brioche (s)
- Small bread rolls with butter (s)
- Sandwiches-no crust with soft spread fillings e.g. egg mayonnaise, soft cheese spread or jam (s)
- Buttered crumpets or muffins
- Crackers with butter or soft cheese
- Biscuits
- Scones, malt loaf, fruit loaf
- Sponge cake (s)
- Waffles (s)
- Soft cereal bars
- Doughnuts (s)
- Pitta bread slices
- Prawn crackers

Key: (s) = soft options from normal diet

Meat, fish, cheese and other proteins

- Cold meat (sliced and cut into pieces)
- Hamburgers, meatballs, sausages, hotdogs or slices of meatloaf, pork pie
- Fish fingers (s)
- Small fishcakes (s)
- Crabsticks (s)
- Slices of pizza
- Slices of quiche (s)
- Quartered hard boiled eggs (s)
- Cheese cubes or slices (s)
- Tofu / Quorn (s)

Vegetables

The vegetables below can be a soft option if cooked (s)

- Potatoes boiled, wedges, chips, roasted
- Carrots, swede, parsnip cut into sticks
- Green beans or mange tout
- Cucumber, celery sticks
- Sliced tomatoes, peppers, mushrooms
- Broccoli, cauliflower florets

Fruit and other delights

These can be given whole or sliced, depending on the persons preference:

- Banana (s)
- Melon
- Apple / pear slices
- Strawberries (s)
- Grapes
- Raspberries
- Mandarin segments
- Dried fruit
- Chocolate buttons (s)
- Chocolate fingers
- Kit-Kat fingers
- Aero bubbles

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Notes

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

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Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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