

FINGER FOOD MENU PLANNING IDEAS FOR PEOPLE LIVING WITH DEMENTIA

People living with dementia require a balanced and varied diet to help maintain their physical wellbeing. It can be challenging at times to achieve this due to symptoms associated with dementia. These symptoms can include:

- ❖ Changes in taste (often people develop a preference for sweet foods)
- ❖ Changes in personal preference (start to eat meals/ foods they previously disliked or stop eating previously enjoyed meals)
- ❖ Reduction in interest in food
- ❖ Reduced appetite and intake
- ❖ Reduced variety of foods enjoyed
- ❖ Not settling for mealtimes
- ❖ Sensory difficulties (e.g. difficulty seeing food or cutlery or plates)
- ❖ Difficulty using cutlery
- ❖ Swallowing difficulties
- ❖ Continuous chewing of soft foods and pocketing of food

For people experiencing difficulty with using cutlery, seeing food or who no longer settle well at mealtimes, providing finger foods can help with this. Finger foods can help people to remain eating independently and can also be eaten “on the go”. This leaflet provides some ideas for finger foods that can be provided at mealtimes or as snacks. There is also ideas for nourishing drinks as these can be a useful way to provide additional calories and protein (as well as a source of calcium for healthy bones and teeth). We have also included some information on the ideal portions of each of the food groups in order for someone to have a balanced and varied diet.

BALANCED DIET

In order for people to have a balanced diet and maintain optimal health, they require the food groups in the portions detailed below. However if this is not possible due to the symptoms of dementia, then just to try to provide a diet that is as varied and balanced as possible.


- 1) PROTEIN- meat, fish, beans, pulses, eggs. 2-3 portions per day
- 2) CARBOHYDRATE- potatoes, bread, pasta, rice cereals & grains- include at every mealtime
- 3) FRUIT & VEGETABLES- 5 portions per day
- 4) DAIRY- 1 pint/0.57L of milk or alternative e.g. cheese, yoghurt


Advice for the general healthy population is to choose low fat versions of dairy products as well as to avoid or limit snacks between meals. However this advice does not apply for people living with dementia who have a reduced appetite and dietary intake and who are often at risk of weight loss and malnutrition. Also people living with dementia may manage a better nutritional intake with 3 small meals per day with 2-3 snacks or nourishing drinks between meals rather than just 3 regular sized meals per day.

FINGER FOOD MEAL IDEAS

The following pages contain picture examples of foods that can be included at different mealtimes or examples of complete meals of finger foods. The pictures of foods are colour coded to help identify which of the four food groups above they provide a source of.

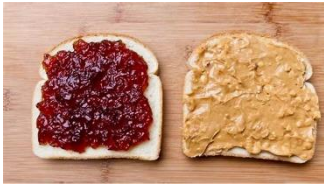
 Protein

 Carbohydrate



 Fruit & Vegetables

 Dairy

BREAKFAST



Toast slice with peanut butter or jam

  (Protein source only if using peanut butter)




French toast/ eggy bread



Buttered Crumpet

 (Serve with cheese fingers to provide a source of dairy)




Flapjack (fruit/ banana)




Hard boiled eggs quartered

 (Also be a source of carbohydrate if served with toast fingers)



American style pancakes

 (Serve with fruit such as banana or chopped strawberries to provide source of fruit)



Toasted English muffin with butter



(Serve with cheese fingers to provide a source of dairy)



Bacon or sausage roll



MAIN MEAL



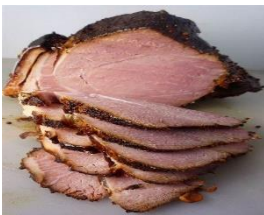
Mini Burger in a bun



Fish goujons



Chicken pieces



Meat slices



Chips





Roast potatoes



Potato wedges



Sausage rolls



Mini pasties



(If you include peas or other vegetables in the filling, it would be a source of vegetables)



Fishcakes



(If you include peas in the fishcakes, it would be a source of vegetables)



Quiche



(If you include broccoli or spinach, it would be a source of vegetables)



Mini savoury pies





Parsnips



Cauliflower florets



Broccoli florets



Sliced carrots



Sliced sausage



Boiled eggs (cut in half)



Soup in a cup



or



depending on whether it is meat/bean/cheese or vegetable based



Jacket potato skins



and



and



depending on the fillings used



Yorkshire pudding



Savoury Muffin



Sliced peppers



Cherry tomatoes (cut in half)



Cucumber



Sandwiches



(Can be a source of dairy if it includes cheese)



Wraps



(Can be a source of dairy if it includes cheese)



Toasted sandwich



(Can be a source of dairy if it includes cheese)



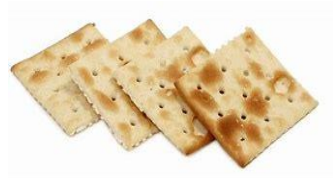
Pizza slice



SNACK IDEAS



Breadsticks



Crackers



Strawberries



Banana

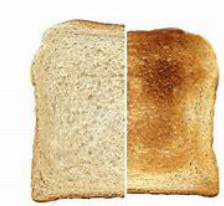




Mixed fruit



Rice cakes



Toast



Cheese cubes



Apples slices



Grapes (cut in half)



Orange segments



Scone



(Source of fruit if contains dried fruit or cherries/ source of dairy if contains cheese)



Welsh cakes



Bara Brith



Biscuits



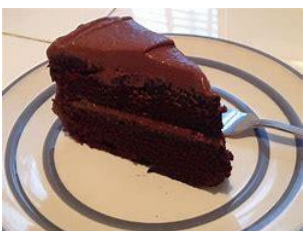
Crisps



Malt loaf



Slice of cheesecake

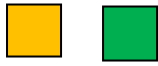


Slice of cake





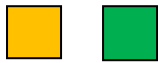
Mini fruit pies



Slice of Swiss roll



Cereal bar



Chocolate dipped strawberries



Ice lolly- this is a good source of hydration for people who have a poor fluid intake



Ice cream



Chocolate





Milky drink (e.g. milky coffee, hot chocolate, Ovaltine, Horlicks)



Yoghurt drink/ yoghurt pouch



BEFORE BED SNACK



Milky drink (e.g. milky coffee, hot chocolate, Ovaltine, Horlicks)



Yoghurt drink/ yoghurt pouch



Glass of milk

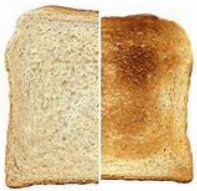


Cereal bar



Banana





Toast



Sandwiches



Biscuits



VEGETARIAN FINGER FOODS



Chickpea fritters



Jacket potato skins



(Can also be a source of vegetables if included in the filling)



Pinwheel wraps



(Can also be a source of protein and dairy if includes cheese)




Stuffed mini peppers



(Can be a source of protein if add beans or cheese to the filling)






Stuffed Mushrooms

 (Can be a source of protein and dairy if top with cheese)



Vegetable burger

   (Must include beans or cheese to be a source of protein)



Vegetarian quiche



Tomato and cheese bread



Vegetarian sandwich

  (Can be a source of protein if include cheese/beans/egg)



Mini vegetable pizza

NOURISHING DRINKS

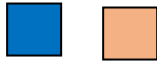


Hot chocolate/ Horlicks/ Ovaltine

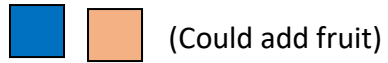
 



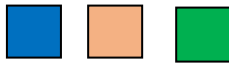
Milky coffee/ milky tea



Milkshake



Home-made smoothie



Glass of milk

