

# Eating well with dementia - finger foods

Problems with eating are common in dementia. People with dementia may find it hard to use cutlery, chew or swallow. Finger foods are often a great option as they can be eaten easily by hand.

Below are some popular finger food options.

## Grain (cereal) foods

- Toasting fingers with a spread or dip (for example, peanut butter or hommus).
- Crumpets or small rolls.
- Sandwiches with fillings that will not fall out. Try mixing fillings with mayonnaise, soft cheese or other spreads to help them stick to the bread.
- Pikelets, pancakes, scones or banana bread.

## Vegetables

- Chunky potato wedges, potato fritters or whole baby potatoes.
- Pieces of cooked, steamed or baked vegetables such as, sweet potato, carrot, broccoli or cauliflower.
- Pikelets or patties made with grated or cooked vegetables.

## Fruit

- Fresh fruit such as melons, kiwi fruit or banana cut into finger sized pieces.
- Small fruit such as strawberries or apricots cut in half.
- Small fruit-based muffins, pikelets or pancakes made with soft fruit such as berries or banana.

## Dairy food

- Frozen yoghurt in a cone.
- Cheese slices or cubes.
- Mini cheesecake or tarts.
- Cheese or yoghurt-based dips with crackers, toast fingers or soft vegetables sticks.

## Lean meat and meat alternatives

- Strips of meat or chicken served with dipping sauces.
- Meatballs or patties.
- Hardboiled eggs.
- Slices of quiche or frittata.

This general advice was accurate at the time of publication (June 2020).  
For more information about nutrition and your individual needs, see your GP  
or an Accredited Practising Dietitian.