

**Let us know what you
think and get involved**

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Finger foods

**Diabetes and Nutrition Services
Community Dietitians**

Service provided by

Finger foods can be enjoyed by everyone and are a great way to increase your independence at mealtimes.

Think about size and shape. Foods too small will be hard to pick up but foods too big will be difficult to handle.

Check the temperature. Make sure food is cool enough to hold and eat.

Use moist fillings in bread to help hold sandwiches together. Try using butter, soft cheese or mayonnaise alongside other ingredients.

Keep the skin on fruit to make them less slippery and easier to hold. A sprinkle of lemon juice will stop fruit turning brown as quickly.

Try using a carrying bag or waist pouch so you can carry around your food and eat when you want to.



Example Finger Foods

- Toast fingers
- Sandwiches
- Cereal bars
- Chicken drumsticks
- Sausages
- Meat balls
- Fish fingers
- Potato waffles
- Sausage rolls
- Crisps
- Malt loaf
- * Cherry tomatoes
- * Hardboiled egg slices
- Chips / potato wedges
- Pizza slices
- Small potatoes
- Cakes / buns
- Flapjack
- Biscuits
- Teacakes
- Crumpets
- Scones
- Cucumber
- Carrot batons
- Banana
- Apple slices
- Grapes
- Avocado slices
- Chocolate
- Sweets
- Cheese cubes
- Celery sticks

