

Easy to Handle, Nutritious, Finger Food Choices for the Early and Middle Stage Dementia Patient

Breakfast

French Toast, strips with Syrup for dipping
Granola Bars, chewy
Waffles, plain or served with Jelly
Fruit Bars
Muffins
Dry Cereal, without Milk

Lunch or Dinner

Grilled Cheese Sandwich, cooled, cut into quarters
Pizza, cut into bite sized pieces
Ravioli, with Marinara or Alfredo Sauce for dipping
Egg Rolls, with Sweet and Sour Sauce for dipping

The following can all be served in an Ice Cream Cone, a Tortilla, or a Pita:

- Scrambled Eggs, plain or cooked with diced, sautéed meats and vegetables
- Tuna Salad
- Chicken Salad
- Egg Salad
- Beans, all kinds, mashed, served with or with Seasonings, sautéed Vegetables, and/or melted Cheeses
- Mashed Potatoes, plain or cooked with bits of diced Meats and melted Cheeses
- Peanut Butter and Jelly or Honey
- Sandwich Fixings, Meat, Cheese, Lettuce, Tomato, etc.
- Cottage Cheese or Cream Cheese mixed with Herbs, pureed Fruit or Preserves, sliced Olives or Pimentos
- Hummus, add colorful, diced Vegetables for added flavor
- Couscous, seasoned with diced Vegetables or with softened Raisins and Cinnamon

Protein

Beef, Fish, or Chicken, diced or cut into strips
Meatloaf, cut into strips
Meatballs, small with a light Tomato or Alfredo Sauce
Shrimp, peeled, with a Cocktail Sauce or Alfredo Sauce for Dipping
Sausage, links
Cocktail Sausages, with or without Sauce
Vienna Sausages

Snacks or Side Dishes

Cheese Cubes on Wheat Crackers
Fruits, peeled, sliced or diced (Be careful with whole grapes as these may pose a choking hazard)
Vegetables, cooked or raw, peeled, sliced or diced (Be sure to serve soft foods due to

chewing and swallowing difficulties), can be served with a Sour Cream, Cream Cheese, or Cottage Cheese based Spread or Dip

Hard Boiled Eggs, sliced or diced

Raisins, if the patient does not have difficulty swallowing

Nuts, shelled, if the patient does not have difficulty swallowing

Prunes, if the patient does not have difficulty swallowing

Cookies, made with granola or other healthy ingredients

String Cheese

Pudding, in individual serving sized cups (not finger food, but because it is thick can sometimes be handled easily)

Pretzels or Rice Cakes, can be served with a Sour Cream, Cream Cheese, or Cottage Cheese based Spread or Dip

Beverages

Water, (Very important to prevent dehydration. Add lemon or lime juice to provide flavor, if necessary)

Milk or Chocolate Milk

Fruit Juice , in a cup or drink box

Fruit Smoothies

Milkshakes, be careful with large chunks of fruit

Herbal Teas