



Medical Nutrition Therapy: Finger Food Diet

What is a finger food diet?

All foods are offered in bite size pieces, so that they can be picked up with the fingers, and eaten without the aid of utensils. Soups, cereals and hot beverages are to be offered in a mug.

Why do I need a finger food diet?

A finger food diet may be prescribed for people who have trouble using utensils, or prefer to eat with the fingers due to tremors or dexterity, slowed movement, cognitive decline, visual impairment or mental impairment. The purpose is to enhance independence during mealtime, and assure that someone can eat a balanced diet, and does not have to avoid certain foods.

If meal preparation is not an option for you, or if you or your care giver would like relief from cooking, Therapeutic Meals offers a large variety of foods appropriate for a cut up diet and delivers frozen meals right to your door.

A balanced diet with sufficient energy and protein is the only way to ensure you get enough nutrition. A Registered Dietitian can help you to create a meal plan based on your individual needs. The Dietitian can also assess need for other feeding support tools such as a feeder plate and double handed mugs.

Therapeutic Meals offers meal planning services, creating individualized menus based on your needs and food preferences. The menu's can be created on a weekly, bi-weekly or monthly cycle. With meal plans, we automatically re-order your meals for you. You can change your menu at any time you wish.

To order please visit our website at www.therapeuticmeals.com, or call us at 250 415 5444 (Victoria, British Columbia).