



Höskolan  
Kristianstad

# Fingerfoods, rediscover the pleasure of eating

Simple recipes for meals and snacks.







## Are you ready to eat with your fingers?

While norms and table manners require the use of cutlery for eating, a part of the consumer population is excluded from this system. With the ageing of the population, the older generation is becoming an increasingly important part of the world's population. It is time to feed them properly. While people over 65 years old are mostly able to use cutlery, not all of them are. Indeed, some people have physical difficulties in handling knives, forks, spoons, and glasses. These problems are mainly motor related and result from a lack of muscle control.

The look of others can be difficult for those who do not follow the norm and are forced to eat without cutlery. This leads to social withdrawal and discomfort for many of the people concerned. Fortunately, mentalities can change and it is the role of food professionals to participate in this change. Eating with the fingers can be accepted if the food is easy to handle and not messy. These are the challenges and the ambition of this project. It is not up to the people to adapt but to the food, by being adequate in terms of handling but also in terms of nutritional intake, which must be rich in proteins for this population.

# Fill up on energy with the meal

**LUNCH AND DINER.** Moments of serenity to recharge your batteries and delight your taste buds.

## CHICKEN BALLS

65 g of fried chicken cubes, BBQ  
flavor

50 g of Philadelphia cheese

15 g of peasano cheese

Mince the chicken in a mincer. Mix all the ingredients and form balls of 1.5 cm in diameter.

Tip. If the chicken balls are too dry, you can increase the amount of Philadelphia cheese.

### Nutrition Facts per 100 g

Energy	875 kJ / 209 kcal
Fat	13,6 g
saturated fat	8,6 g
Carbohydrate	2,6 g
sugars	1,9 g
fiber	0,1 g
Protein	19,0 g

## SALTY MUFFINS

40 g of wheat flour

40 g of soy flour

50 g of bacon

2 eggs

50 g of paesano cheese

60 mL of 0.5% fat milk

40 g of green olives

1 tbsp. of tomatopurée

1 tbsp. of olive oil

2 tsp. of dried thyme

Salt and black pepper

Cut the olives in 4. Mince the bacon in a mincer. Mix all the ingredients and put the preparation in molds of about 2 cm in diameter. Bake in the oven at 180°C for 15 minutes.

Tip. If the muffins are too dry, you can increase the amount of milk.

### Nutrition Facts per 100 g

Energy	1051 kJ / 251 kcal
Fat	16,1 g
saturated fat	5,6 g
Carbohydrate	11,6 g
sugars	2,6 g
fiber	1,5 g
Protein	15,8 g





## FISH CAKES

300 g of canned tuna

25 g of wheat flour

25 g of soy flour

125 g of mozzarella

4 eggs

8 black olives

2 tbsp. of mustard

2 tsp. of dried thyme

Mince the tuna in a mincer. Mince the mozzarella in a mincer too. Cut the olives in 4. Mix all the ingredients and distribute the preparation in silicone molds of approximately 2 cm in diameter. Put it in the oven at 180°C during 20 min.

Tips. For more flavor, mustard, thyme, salt and/or pepper can be added. The tuna can be replaced by a salmon fillet that has been cooked in a pan.

### Nutrition Facts per 100 g

Energy	636 kJ / 152 kcal
Fat	7,6 g
saturated fat	2,8 g
Carbohydrate	3,7 g
sugars	0,5 g
fiber	0,5 g
Protein	17,5 g



## LEMON SAUCE

50 g of salted butter

20 g of whipping cream

1 egg yolk

1 tbsp. of mustard

2 tbsp. of lemon juice

Melt the butter, add the mustard and mix. Add the other ingredients and mix until it is smooth. Heat at 100°C for 5 minutes.



# Break for a snack

**SNACK AND FIKA.** The gourmet break of the day, rich in proteins and flavors.

## ZUCCHINI AND CHEESE BLINIS

100 g of wheat flour
100 g of soy flour
3 eggs
250 mL of 0.5% fat milk
150 g of zucchinis
225 g of grated parmesan
1 tbsp. of dried basil
Salt, pepper, baking powder

Disgorge the grated zucchini and place on paper towels. Meanwhile, prepare the blini dough by mixing the flour, milk, salt, pepper, dried basil, and baking powder. Separate the egg whites from the yolks and add the yolks to the previous preparation. Beat the egg whites and fold them into the mixture. Add the zucchinis and the parmesan

cheese. Mix gently to incorporate all the ingredients.

In a buttered frying pan over medium heat, place a ladle of the dough of 1 cm thick. Cook for 2 minutes on the first side and 1 minute on the second.

Tip. You can use Gruyere or another cheese instead of Parmesan, depending on your preference.

Nutrition Facts per 100 g	
Energy	841 kJ / 201 kcal
Fat	10,4 g
saturated fat	5,4 g
Carbohydrate	10,4 g
sugars	2,7 g
fiber	1,7 g
Protein	15,4 g





## PANCAKES

45 g of wheat flour
2 eggs
30 mL of 0.5% fat milk
100 g of plain quark
10 g of sugar
1 tsp. of baking powder
Butter

In a large bowl, mix all ingredients until smooth. Cook in a hot buttered pan for 1 minute on each side. To form the pancake, use a tablespoon: take some dough with the spoon and place it in the pan, positioning the spoon vertically. The edge should be golden brown and small bubbles will form, indicating that it is time to flip the pancake.

Tip. You can serve with a fruit coulis or fresh fruit for extra flavor.

Nutrition Facts per 100 g	
Energy	619 kJ / 148 kcal
Fat	4,7 g
saturated fat	1,4 g
Carbohydrate	15,7 g
sugars	4,9 g
fiber	0,4 g
Protein	10,5 g

## CHOCOLATE CHIPS CAKES

55 g of wheat flour
55 g of soy flour
55 g of almond flour
240 g of vanilla quark
35 g of chocolate chips
20 g of sugar
1 tsp. of baking powder

In a large bowl, mix all ingredients until you have a ball of dough. Form spherical pieces of 5 cm in diameter by rolling the dough between your hands. Bake at 180°C for 15 minutes.

Nutrition Facts per 100 g	
Energy	1054 kJ / 252 kcal
Fat	11,5 g
saturated fat	2,5 g
Carbohydrate	21,7 g
sugars	11,2 g
fiber	2,7 g
Protein	14,2 g





# Quench your thirst during the day

**DRINKS.** The sweet refreshment that hydrates and makes you smile.

## BANANA YOGURT DRINK

100 g of yogurt quark

100 mL of 0.5% fat milk

60 g of ripe banana

15 g of peanut butter

Using a blender, first blend the banana pieces with the milk and yogurt quark. Then add the peanut butter and blend until you have a smooth drink. Pour the drink into a glass and serve with a straw.

Tip. You can add vanilla whey protein as desired to bring a vanilla flavor to the drink while increasing the protein intake.

### Nutrition Facts per 100 g

Energy	351 kJ / 84 kcal
Fat	3,4 g
saturated fat	0,8 g
Carbohydrate	7,8 g
sugars	6,8 g
fiber	0,5 g
Protein	5,4 g

## BERRIES MILKSHAKE

500 mL of 0.5% fat milk

75 g of plain quark

250 g of frozen raspberry and blueberry mix

2 tbsp. of sugar

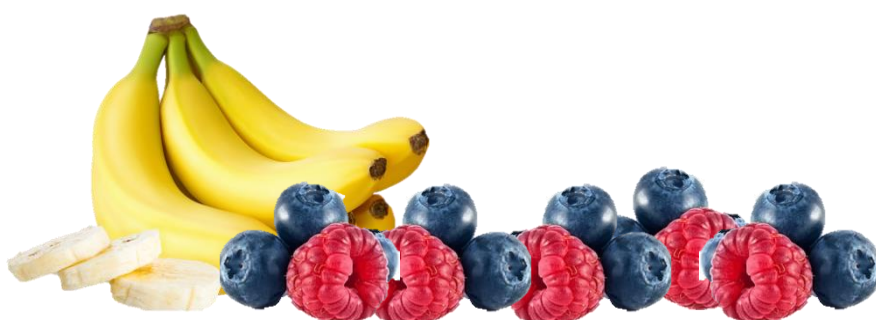
10 g of vanilla whey protein

Blend all the ingredients in a blender.

Tips. The milkshake can be strained if the presence of fruit pieces is disturbing. Frozen raspberry-blueberry can be substituted with fresh ones. A few grams of vanilla whey protein can be added to increase the vanilla taste. If the milkshake is too watery, you can increase the amount of kvarg and/or defrost the raspberry-blueberries before adding them to the milkshake.

### Nutrition Facts per 100 g

Energy	234 kJ / 56 kcal
Fat	0,5 g
saturated fat	0,2 g
Carbohydrate	9,2 g
sugars	7,7 g
fiber	1,0 g
Protein	4,2 g





# About the research

Fingerfoods – a vehicle to prevent malnutrition, maintaining a physical and social health as well as quality of life among old people

The aim of this research project is to develop recipes for fingerfoods. A part of the population over 65 years old has difficulties in eating with cutlery. The reasons for this are mostly physical and muscular. These difficulties have consequences for the health of these people, but also for their social life.

## Physical and muscular problems of the population

From the age of 65 onwards, physical difficulties in eating are common. These problems, mostly muscular, may be a consequence of Parkinson's disease or the sequelae of a stroke for example. It occurs in the form of motor problems in the arms and hands, involuntary movements, tremors, muscle rigidity, and slowness of movement. The main difficulties occur when holding cutlery; glasses are easily spilled or broken. Eating becomes a real ordeal, causing loss of independence for most of the people concerned.

## Nutritional needs of older people

The generation over 65 years old has specific nutritional needs. This is caused in particular by sarcopenia, a disease characterized by a loss of muscle mass and function. The need for protein is therefore increased compared to a healthy adult to limit muscle loss. A person over 65 with health problems such as acute or chronic illnesses has a protein requirement at least 1.5 times higher than a healthy adult.

After a stroke, a poor appetite is a common problem, which increases the risk of malnutrition for this population. It is therefore worth focusing on high energy and high protein foods such as dairy products, eggs, fish, and meat.

## Social connections

For the majority of older people, eating times such as meals and snacks are important parts of the day, not in particular for their social aspect. Being surrounded by others when eating is an important part of the enjoyment of eating. However, for people who cannot handle cutlery, the lack of independence causes embarrassment in the eyes of others. Many people do not dare to eat to avoid being uncomfortable. Fingerfoods are therefore a suitable solution for eating without cutlery.

## The research project

The research project is conducted at Kristianstad University. It was funded by The Kamprad Family Foundation for Entrepreneurship, Research & Charity.

### Lucie Borodacz and Emeline Chambard,

students in their first year of master in food science at AgroSup Dijon, France, have developed fingerfood recipes. This project is part of the PhD subject of Sarah Forsberg, a PhD student at Kristianstad University, who is exploring the concept of fingerfoods for a population over 65 years of age who have physical difficulties eating with cutlery. The two students developed the recipes and analyzed their physical properties, such as texture and color. The products were then presented to a consumer panel to evaluate their appreciation. Lucie and Emeline aimed to create simple recipes using commercially available ingredients. The products are inspired by tasty foods that are popular among the Swedish population.



"In addition to learning professional skills, this project has allowed us to be helpful and provide appropriate food for a population in need. Considering the demographic changes, the diet of the older population has not finished being studied and improved. We feel fortunate to have been able to participate in this adventure and are grateful for this experience."

Let's cook!



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