

Foods Ideas by Colour

Add variety by offering foods with colours your child likes.

Vegetables and Fruit	Grain Foods	Protein Foods
White or Beige		
<ul style="list-style-type: none"> - Bamboo shoots, bean sprouts, cauliflower, chicory, fennel bulb, lotus root, taro, or water chestnut - Dried apple chips, apple slices, banana chips, or coconut - Peeled apple, banana, guava, lychee, mangosteen, pear, rambutan, or white pomelo - Peeled daikon, eggplant, jicama, parsnip, potatoes, rutabaga, or turnip - Stem of bok choy, kohlrabi, or Chinese cabbage - White asparagus, carrot, corn, onion, radish or mushroom - White currants, nectarines, or peaches 	<ul style="list-style-type: none"> - Amaranth, barley, oats, quinoa, or rice - Flatbread or pita bread - Pearl couscous - Popcorn - Rice cakes - Rice paper - Rice, udon, or mung bean (glass) noodles - White bread - White corn or wheat tortilla 	<ul style="list-style-type: none"> - Blanched almonds, Brazil nuts, cashews, macadamia nuts, or peanuts - Cottage, feta, goat, Gouda, Gruyere, mozzarella, ricotta, Swiss, or white cheddar cheese - Chicken, pork, quail, or turkey - Cream sauce made with milk - Egg white - Fortified soy or other plant-based beverages - Hemp hearts, pumpkin seeds (in shell), or sesame seeds
Brown		
<ul style="list-style-type: none"> - Baked or roasted potatoes with peel - Brown mushrooms - Brown pear - Cooked apples - Dates - Dried figs 	<ul style="list-style-type: none"> - Hot or cold cereal, granola - Brown rice - Brown rice vermicelli - Buckwheat noodles - Injera - Melba toast - Rye or whole grain bread - Whole grain tortillas 	<ul style="list-style-type: none"> - Baked beans or refried beans - Beef, lamb, mutton, or veal - Brown lentils, chickpeas, pinto beans, or split peas - Chia or flax seeds - Chocolate flavoured cream cheese, milk, yogurt, or yogurt drinks - Chocolate flavoured nutrition supplement drinks - Chocolate pudding

Vegetables and Fruit	Grain Foods	Protein Foods
Orange or Yellow		
<ul style="list-style-type: none"> - Apricot, cantaloupe, orange, mandarin, mango, nectarine, papaya, peach, or tangerine - Carrot, pumpkin, squash, or sweet potato - Dried apricots or mangos - Orange beets, bell pepper, cauliflower, or tomatoes - Apple, carrot, orange, mango, or peach juice 	<ul style="list-style-type: none"> - Cheese bread - Corn tortillas - Muffins or pancakes made with grated carrots, pureed pumpkin, or yams - Rice made with turmeric or saffron 	<ul style="list-style-type: none"> - Cheddar cheese - Cheese omelet - Cheese sauce - Cooked salmon - Peach flavoured yogurt - Pumpkin flavoured yogurt - Red lentils
Green		
<ul style="list-style-type: none"> - Alfalfa sprouts, asparagus, avocado, broccoli, Brussel's sprouts, cucumber, celery, okra, peas, or snap beans - Apples, gooseberries, grapes, honeydew melon, kiwis, or pears - Basil pesto, or chimichurri sauce - Green bell pepper, cauliflower, olives, or tomatoes - Herbs like basil, mint, or parsley - Leafy greens such as kale, lettuce, spinach, Swiss chard, or watercress - Wakame (seaweed) - Zucchini with peels 	<ul style="list-style-type: none"> - Muffins, pancakes or waffles made with grated zucchini - Spinach pasta - Spinach tortillas 	<ul style="list-style-type: none"> - Edamame - Green chickpeas - Green mung beans - Green tea flavoured dairy products - Lime flavoured yogurt - Pistachio flavoured pudding - Pistachios - Pumpkin seeds - Smoothies made with spinach or kale - Split peas

Vegetables and fruits	Grain foods	Protein foods
Red and Pink		
<ul style="list-style-type: none"> - Beets, tomatoes, radishes - Blood oranges, cherries, cranberries (fresh, dried), pomegranate, red grapes, or watermelon - Cooked rhubarb - Borscht (beet soup) - Saskatoon berries, strawberries, or raspberries - Red apple, grapefruit, pear, or plum - Red bell peppers or chili peppers - Sundried tomato pesto 	<ul style="list-style-type: none"> - Beet pasta - Kaniwa - Red rice - Rice made with tomato juice or sauce - Sundried tomato tortillas - Tomato pasta 	<ul style="list-style-type: none"> - Berry flavoured yogurt or yogurt drinks - Ground meat in tomato sauce - Red beans such as adzuki beans or red kidney beans - Red meat pepperoni, salami, or sausages - Beet or red pepper hummus - Smoothies made with yogurt, milk, and red fruit
Black and Purple		
<ul style="list-style-type: none"> - Beets, eggplant, or red leaf lettuce - Blueberries, blackberries, black cherries, black currants, or haskap berry - Black basil, kale, olives, radish, tomatoes, or truffles - Fresh figs, grapes, plums, prunes, raisins, sulfite-free dried apricots - Nori - Purple asparagus, beans, cabbage, carrots, cauliflower, peppers, potatoes, sweet potato, or ube (yam) - Shiitake mushroom 	<ul style="list-style-type: none"> - Black barley, quinoa, or rice - Blue corn tortillas - Pumpernickel bread - Squid ink pasta - Wild rice 	<ul style="list-style-type: none"> - Beluga lentils - Black beans - Black bean pasta - Black peas - Black pudding - Black sesame seeds - Blueberry or blackberry flavoured yogurt or kefir - Smoothies made with yogurt, milk, and black or purple fruit