

# Foods Ideas by Flavour

Add variety by offering foods with flavours your child likes.

Vegetables and fruit	Grain foods	Protein foods	Sauces & spices
<b>Bland</b>			
<ul style="list-style-type: none"> <li>- Apples, bananas, or pears</li> <li>- Applesauce</li> <li>- Cabbage, cauliflower, celery, cucumber, iceberg lettuce, parsnip, potatoes, squash, or zucchini</li> </ul>	<ul style="list-style-type: none"> <li>- Bannock, bread, naan, pitas, or tortillas</li> <li>- Barley, cornmeal (polenta), oatmeal, pasta, or rice</li> <li>- Crackers</li> <li>- Plain corn, rice, or wheat cereals</li> <li>- Plain popcorn</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken, pork, turkey, or white fish without seasoning or sauces</li> <li>- Chickpeas, lentils, or white beans</li> <li>- Eggs</li> <li>- Havarti, mild cheddar, or mozzarella cheese</li> </ul>	<ul style="list-style-type: none"> <li>- Milk</li> <li>- Plain or vanilla fortified soy or other plant-based beverages</li> <li>- Plain or vanilla kefir or yogurt</li> <li>- Plain tofu</li> <li>- Cream sauce</li> <li>- Mayonnaise</li> </ul>
<b>Salty</b>			
<ul style="list-style-type: none"> <li>- Canned vegetable soup</li> <li>- Fries or potato wedges</li> <li>- Olives</li> <li>- Pickled beets, carrots, or cabbage</li> <li>- Pickles</li> <li>- Salsa</li> </ul>	<ul style="list-style-type: none"> <li>- Cheese bread</li> <li>- Crackers, pretzel sticks, or seasoned rice cakes</li> <li>- Polenta</li> <li>- Popcorn with salt</li> <li>- Seasoned bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>- Bacon or turkey bacon</li> <li>- Canned soup</li> <li>- Canned tuna or salmon</li> <li>- Cheddar, cottage, feta, or parmesan cheese, or cheese sauces</li> </ul>	<ul style="list-style-type: none"> <li>- Corned beef</li> <li>- Deli or smoked meats</li> <li>- Flavoured cream cheese</li> <li>- Ham</li> <li>- Sausages</li> <li>- Pre-made and packaged dips, marinades, sauces, or seasoning mixes</li> <li>- Soy sauce</li> </ul>
<b>Sour or tart</b>			
<ul style="list-style-type: none"> <li>- Cranberries, crabapples, tart apples, pomegranate, rhubarb, or sour cherries</li> <li>- Grapefruit, lemon, or lime</li> <li>- Green tomatoes</li> <li>- Pickled beets, carrots, or cabbage</li> <li>- Pickles</li> </ul>	<ul style="list-style-type: none"> <li>- Lemon rice soup</li> <li>- Muffins made with cranberries, rhubarb, or sour cherries</li> <li>- Salt and vinegar flavoured crackers, popcorn, or rice cakes</li> <li>- Sourdough bread</li> </ul>	<ul style="list-style-type: none"> <li>- Buttermilk</li> <li>- Cream cheese</li> <li>- Fish, poultry, meat, or tofu in lemon or vinegar-based marinade</li> <li>- Goat cheese</li> <li>- Pickled eggs</li> </ul>	<ul style="list-style-type: none"> <li>- Plain kefir or yogurt</li> <li>- Sour cream</li> <li>- Antipasto</li> <li>- Pomegranate molasses</li> <li>- Sweet and sour sauce</li> <li>- Tangy barbecue sauce</li> <li>- Vinegar</li> </ul>

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Spicy or bold				
<ul style="list-style-type: none"><li>– Chili or hot peppers</li><li>– Garlic</li><li>– Kimchi</li><li>– Onions</li><li>– Pickled jalapenos or peppers</li><li>– Radishes</li><li>– Salsa (medium, hot)</li></ul>	<ul style="list-style-type: none"><li>– Cheese and jalapeno biscuits</li><li>– Flavoured crackers or rice cakes</li><li>– Garlic bread</li><li>– Ginger snaps</li><li>– Muffins made with ginger</li></ul>	<ul style="list-style-type: none"><li>– Aged or pepper jack cheese</li><li>– Chorizo sausage</li><li>– Fish, poultry, meat, beans, or tofu, with spicy sauce</li><li>– Flavoured cream cheese</li><li>– Hot capocollo</li></ul>	<ul style="list-style-type: none"><li>– Nacho cheese sauce</li><li>– Refried beans with jalapenos</li><li>– Spicy deer or elk jerky</li><li>– Spicy yogurt dip</li></ul>	<ul style="list-style-type: none"><li>– Chipotle</li><li>– Curry paste</li><li>– Ginger</li><li>– Harissa paste</li><li>– Horseradish</li><li>– Hot sauce</li><li>– Peri-peri</li><li>– Salsa</li><li>– Wasabi</li></ul>
Sweet				
<ul style="list-style-type: none"><li>– Apple, banana, berries, cantaloupe, pineapple, plums, or watermelon</li><li>– Canned fruit</li><li>– Cooked carrot, corn, peas, squash, or sweet potato</li><li>– Dried apricots, dates, figs, or raisins</li><li>– Fruit-based smoothies</li></ul>	<ul style="list-style-type: none"><li>– Caramel flavoured rice cakes</li><li>– Cold breakfast cereals</li><li>– Hot breakfast cereals made with fruit</li><li>– Muffins made with bananas or other fruit</li><li>– Pancakes and waffles</li><li>– Rice pudding</li></ul>	<ul style="list-style-type: none"><li>– Baked beans</li><li>– Cottage or ricotta cheese with fruit</li><li>– Dessert hummus</li><li>– Dessert tofu</li><li>– Fish, poultry, meat, or tofu with sweet sauce</li><li>– Flavoured fortifiec soy soy or plant-based beverages</li><li>– Flavoured cream cheese</li></ul>	<ul style="list-style-type: none"><li>– Flavoured milk</li><li>– Fruit flavoured yogurt</li><li>– Lactose-reduced milk</li><li>– Maple flavoured cheese</li><li>– Milkshakes or smoothies made with milk, yogurt, and fruit</li><li>– Peanut or nut butters</li></ul>	<ul style="list-style-type: none"><li>– Balsamic vinegar</li><li>– Barbeque sauce</li><li>– Cinnamon</li><li>– Donair sauce</li><li>– Fruit or maple syrup</li><li>– Hoisin sauce</li><li>– Honey</li><li>– Jam or Jelly</li><li>– Ketchup</li><li>– Molasses</li><li>– Plum sauce</li><li>– Sweet and sour sauce</li></ul>