

Foods Ideas by Flavour

Add variety by offering foods with flavours your child likes.

Vegetables and fruit	Grain foods	Protein foods	Sauces & spices
Bland			
- Apples, bananas, or pears - Applesauce - Cabbage, cauliflower, celery, cucumber, iceberg lettuce, parsnip, potatoes, squash, or zucchini	- Bannock, bread, naan, pitas, or tortillas - Barley, cornmeal (polenta), oatmeal, pasta, or rice - Crackers - Plain corn, rice, or wheat cereals - Plain popcorn	- Chicken, pork, turkey, or white fish without seasoning or sauces - Chickpeas, lentils, or white beans - Eggs - Havarti, mild cheddar, or mozzarella cheese	- Milk - Plain or vanilla fortified soy or other plant-based beverages - Plain or vanilla kefir or yogurt - Plain tofu
Salty			
- Canned vegetable soup - Fries or potato wedges - Olives - Pickled beets, carrots, or cabbage - Pickles - Salsa	- Cheese bread - Crackers, pretzel sticks, or seasoned rice cakes - Polenta - Popcorn with salt - Seasoned bread sticks	- Bacon or turkey bacon - Canned soup - Canned tuna or salmon - Cheddar, cottage, feta, or parmesan cheese, or cheese sauces	- Corned beef - Deli or smoked meats - Flavoured cream cheese - Ham - Sausages
Sour or tart			
- Cranberries, crabapples, tart apples, pomegranate, rhubarb, or sour cherries - Grapefruit, lemon, or lime - Green tomatoes - Pickled beets, carrots, or cabbage - Pickles	- Lemon rice soup - Muffins made with cranberries, rhubarb, or sour cherries - Salt and vinegar flavoured crackers, popcorn, or rice cakes - Sourdough bread	- Buttermilk - Cream cheese - Fish, poultry, meat, or tofu in lemon or vinegar-based marinade - Goat cheese - Pickled eggs	- Plain kefir or yogurt - Sour cream - Antipasto - Pomegranate molasses - Sweet and sour sauce - Tangy barbecue sauce - Vinegar

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