

# Food Ideas by Flavour

Offer new foods that have a flavour your child likes to help add variety and improve nutrition.

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

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Sauces and seasonings
<b>Spicy or bold</b>				
<input type="checkbox"/> Chili peppers <input type="checkbox"/> Garlic <input type="checkbox"/> Kimchi <input type="checkbox"/> Onions <input type="checkbox"/> Pickled jalapenos <input type="checkbox"/> Radishes <input type="checkbox"/> Salsa	<input type="checkbox"/> Cheese and jalapeno biscuits <input type="checkbox"/> Flavoured crackers or rice cakes <input type="checkbox"/> Garlic bread <input type="checkbox"/> Ginger snaps <input type="checkbox"/> Muffins made with ginger	<input type="checkbox"/> Aged cheeses <input type="checkbox"/> Flavoured cream cheese <input type="checkbox"/> Nacho cheese sauce <input type="checkbox"/> Pepper jack cheese <input type="checkbox"/> Spicy yogurt dip	<input type="checkbox"/> Chorizo sausage <input type="checkbox"/> Hot capocollo <input type="checkbox"/> Meat and alternatives with curry or stir-fry sauce <input type="checkbox"/> Red pepper hummus <input type="checkbox"/> Refried beans with jalapenos <input type="checkbox"/> Spicy Italian sausage <input type="checkbox"/> Wasabi peas	<input type="checkbox"/> Chipotle <input type="checkbox"/> Curry paste <input type="checkbox"/> Ginger <input type="checkbox"/> Harissa paste <input type="checkbox"/> Horseradish <input type="checkbox"/> Hot sauce <input type="checkbox"/> Peri-peri <input type="checkbox"/> Salsa <input type="checkbox"/> Wasabi
<b>Sweet</b>				
<input type="checkbox"/> Apple, banana, berries, cantaloupe, pineapple, plums, watermelon <input type="checkbox"/> Canned fruit <input type="checkbox"/> Carrot, corn, peas, squash, sweet potato <input type="checkbox"/> Dried fruit like apricots, dates, figs, or raisins <input type="checkbox"/> Fruit-based smoothies	<input type="checkbox"/> Caramel flavoured rice cakes <input type="checkbox"/> Cold breakfast cereals <input type="checkbox"/> Hot breakfast cereals made with fruit <input type="checkbox"/> Muffins made with bananas or other fruit <input type="checkbox"/> Pancakes and waffles <input type="checkbox"/> Rice pudding	<input type="checkbox"/> Cottage or ricotta cheese with fruit <input type="checkbox"/> Flavoured milk <input type="checkbox"/> Flavoured cream cheese <input type="checkbox"/> Flavoured fortified soy or other plant-based beverages <input type="checkbox"/> Fruit flavoured yogurt and yogurt drinks <input type="checkbox"/> Lactose-reduced milk <input type="checkbox"/> Maple flavoured cheese <input type="checkbox"/> Milkshakes or smoothies made with milk, yogurt, and fruit	<input type="checkbox"/> Baked beans <input type="checkbox"/> Dessert hummus <input type="checkbox"/> Dessert tofu <input type="checkbox"/> Meat and alternatives with sweet sauce such as barbecue sauce, ketchup, plum sauce, or sweet and sour sauce <input type="checkbox"/> Peanut or nut butters	<input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Barbecue sauce <input type="checkbox"/> Cinnamon <input type="checkbox"/> Honey <input type="checkbox"/> Jam or jelly <input type="checkbox"/> Ketchup <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Molasses