

Food Ideas by Colour

Offer foods that have the same colour as foods your child likes to help add variety and improve nutrition.

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
White and beige			
<ul style="list-style-type: none"> <input type="checkbox"/> Bamboo shoots, bean sprouts, cauliflower, chicory, fennel bulb, lotus root, mushroom, taro, water chestnut <input type="checkbox"/> Dried apple chips, apple slices, banana chips, or coconut <input type="checkbox"/> Peeled apple, banana, guava, lychee, mangosteen, pear, rambutan, or white pomelo <input type="checkbox"/> Peeled daikon, eggplant, jicama, parsnip, potatoes, rutabaga, or turnip <input type="checkbox"/> Stem of bok choy or Chinese cabbage <input type="checkbox"/> White asparagus, carrot, corn, onion, radish <input type="checkbox"/> White currants, nectarines or peaches 	<ul style="list-style-type: none"> <input type="checkbox"/> Amaranth, barley, oats, quinoa, rice <input type="checkbox"/> Flatbread, pita bread <input type="checkbox"/> Flour or white corn tortillas <input type="checkbox"/> Pearl couscous <input type="checkbox"/> Popcorn <input type="checkbox"/> Rice cakes <input type="checkbox"/> Rice paper <input type="checkbox"/> Rice, udon, or mung bean (glass) noodles <input type="checkbox"/> White bread 	<ul style="list-style-type: none"> <input type="checkbox"/> Cheeses such as cottage, feta, goat, gouda, gruyere, mozzarella, ricotta, Swiss, or white cheddar <input type="checkbox"/> Cream sauce made with milk <input type="checkbox"/> Fortified soy or other plant-based beverages <input type="checkbox"/> Milk <input type="checkbox"/> Skim milk powder <input type="checkbox"/> Tapioca or rice pudding <input type="checkbox"/> Vanilla flavoured nutrition supplement drinks <input type="checkbox"/> Yogurt 	<ul style="list-style-type: none"> <input type="checkbox"/> Blanched almonds, Brazil nuts, cashews, macadamia nuts, peanuts <input type="checkbox"/> Chicken, quail, pork, turkey <input type="checkbox"/> Egg white <input type="checkbox"/> Hemp hearts, pumpkin seeds (in shell), sesame seeds <input type="checkbox"/> Hummus <input type="checkbox"/> Lump crab meat, octopus, oysters, squid, white fish <input type="checkbox"/> Tofu <input type="checkbox"/> White beans such as cannellini, navy, or white kidney beans <input type="checkbox"/> White bean pasta
Brown			
<ul style="list-style-type: none"> <input type="checkbox"/> Brown mushrooms <input type="checkbox"/> Brown pear <input type="checkbox"/> Cooked apples <input type="checkbox"/> Dates <input type="checkbox"/> Dried figs <input type="checkbox"/> Skin-on baked or roasted potatoes 	<ul style="list-style-type: none"> <input type="checkbox"/> Banana bread <input type="checkbox"/> Bran and wheat cereal <input type="checkbox"/> Brown rice <input type="checkbox"/> Brown rice vermicelli <input type="checkbox"/> Buckwheat noodles <input type="checkbox"/> Melba toast <input type="checkbox"/> Rye bread <input type="checkbox"/> Whole grain bread <input type="checkbox"/> Whole wheat spaghetti <input type="checkbox"/> Whole wheat tortillas 	<ul style="list-style-type: none"> <input type="checkbox"/> Chocolate flavoured cream cheese, milk, yogurt, or yogurt drinks <input type="checkbox"/> Chocolate pudding <input type="checkbox"/> Chocolate flavoured nutrition supplement drinks <input type="checkbox"/> Gjetost cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> Almond butter, peanut butter <input type="checkbox"/> Baked beans, refried beans <input type="checkbox"/> Brown lentils, chick peas, pinto beans, or split peas <input type="checkbox"/> Chia seeds, flax seeds <input type="checkbox"/> Cooked ground beef or lamb <input type="checkbox"/> Beef, lamb, mutton, veal <input type="checkbox"/> Game meat <input type="checkbox"/> Offal (organ meats) <input type="checkbox"/> Roasted almonds, hazelnuts, peanuts, or walnuts

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

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Red			
<ul style="list-style-type: none"> <input type="checkbox"/> Beets, tomatoes, radishes <input type="checkbox"/> Blood oranges, cherries, cranberries (fresh, dried), pomegranate, raspberries, red grapes, strawberries, watermelon <input type="checkbox"/> Borscht <input type="checkbox"/> Red apple, grapefruit, pear, or plum <input type="checkbox"/> Red bell peppers, chili peppers <input type="checkbox"/> Sundried tomato pesto 	<ul style="list-style-type: none"> <input type="checkbox"/> Beet pasta <input type="checkbox"/> Kinawa <input type="checkbox"/> Red rice <input type="checkbox"/> Rice made with tomato juice or sauce <input type="checkbox"/> Sundried tomato tortillas <input type="checkbox"/> Tomato pasta 	<ul style="list-style-type: none"> <input type="checkbox"/> Berry flavoured yogurt and yogurt drinks <input type="checkbox"/> Smoothies made with yogurt, milk and red fruit <input type="checkbox"/> Strawberry flavoured milk <input type="checkbox"/> Strawberry flavoured nutrition supplement drinks <input type="checkbox"/> Strawberry ice cream 	<ul style="list-style-type: none"> <input type="checkbox"/> Red beans such as adzuki beans or red kidney beans <input type="checkbox"/> Red meat sausages <input type="checkbox"/> Red pepper hummus
Black and purple			
<ul style="list-style-type: none"> <input type="checkbox"/> Beets, eggplant <input type="checkbox"/> Blackberries, black cherries, black currants <input type="checkbox"/> Black basil, kale, olives, radish, tomatoes, or truffles <input type="checkbox"/> Blueberries, fresh figs, grapes, plums, prunes, raisins <input type="checkbox"/> Nori <input type="checkbox"/> Purple asparagus, beans, cabbage, carrots, cauliflower, peppers, potatoes, or sweet potato <input type="checkbox"/> Red leaf lettuce <input type="checkbox"/> Shitake mushroom <input type="checkbox"/> Sulfite-free dried apricots 	<ul style="list-style-type: none"> <input type="checkbox"/> Black barley, quinoa, or rice <input type="checkbox"/> Blue corn tortillas <input type="checkbox"/> Pumpernickel bread <input type="checkbox"/> Squid ink pasta <input type="checkbox"/> Wild rice 	<ul style="list-style-type: none"> <input type="checkbox"/> Smoothies made with yogurt, milk and black or purple fruit <input type="checkbox"/> Blueberry or blackberry flavoured yogurt or kefir 	<ul style="list-style-type: none"> <input type="checkbox"/> Beluga lentils <input type="checkbox"/> Black beans <input type="checkbox"/> Black bean pasta <input type="checkbox"/> Black peas <input type="checkbox"/> Black pudding <input type="checkbox"/> Black sesame seeds