

Food Selection by Colour

This table is for reference purposes only. It aims to provide food ideas for children based on colour section. As an example, if you notice that your child has a strong preference for white foods, then to expand the diet variety of your child, you could try to **slowly introduce** alternative white foods. To start with, try other white foods that have similar smells and tastes to his/her current food liking, such as replacing plain popcorn with rice cake. **Increased food exposure** might help to expand familiarity of “new” foods for your child. However, **never give up** on introducing new foods!

Food colour	Food group				
	Bread & cereal	Vegetable	Fruit	Meat/fish/poultry/legumes	Dairy
White	Rice Rice paper Rice noodle Udon noodle Amaranth Rice cakes Plain popcorn Pearl couscous Sago White bread Flat bread	White asparagus Peeled aubergines Bamboo shoots Cauliflower Stem of Pak Choy Stem of Chinese cabbage Tapioca Chicory White button mushroom Oyster mushroom White potato White radish White turnip Parsnip Lotus root Taro	Peeled: Banana Lychee Guava Pear Apple White peach White nectarine Water chestnut	Butter beans Cannellini Raw peanut Lotus seed Tofu Pork White fish Chicken Turkey Egg white	Milk soya milk Vanilla ice cream Milk pudding Feta cheese Mozzarella cheese
Notes:					

Food colour	Food Group				
	Bread & cereal	Vegetable	Fruit	Meat/fish/poultry/legumes	Dairy
Beige/brown	Buckwheat noodle Brown rice Wholemeal bread Rye bread Pita bread Fruit loaf Bread sticks	Chestnut cap mushroom Brown mushroom		Brown lentils Roasted nuts Chestnut	Chocolate flavoured dairy products
Orange	Orange cake	Carrot Orange Sweet potato Pumpkin Orange pepper Butternut squash	Orange Papaya	Cooked salmon	Cheshire cheese Swiss cheese
Red	Thai red rice	Tomato Red pepper	Cherry Strawberry Raspberry Watermelon Red plum	Red kidney bean Beef Lamb Red meat sausages	Berry flavoured dairy products
Black/purple	Wild rice Black glutinous rice	Black olives Beetroot Red cabbage Lollo rosa Shitake mushroom	Blackberry Blackcurrant Prune Purple plum		Violet/lavender flavoured dairy products
Notes:					

Food colour	Food group				
	Bread & cereal	Vegetable	Fruit	Meat/fish/poultry/legumes	Dairy
Green	Spinach pasta	Cucumber Broccoli Celery Pea Snap peas Leek Lettuce Spinach Green pepper Spinach Watercress Asian green vegetables Wakame Green olives	Kiwi Avocado Granny Smith apple	Pistachio nuts Green mung beans	Pistachio flavoured dairy products Mint flavoured dairy products
Notes:					