

Food Selection by Colour

This table is for reference purposes only. It aims to provide food ideas for children based on colour selection.

As an example, if you notice that your child has strong preferences towards 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 the 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	Barley Quinoa Rice Rice paper Rice noodle Udon noodle Mung bean (glass) noodle Oats Amaranth Rice cakes/crackers Plain popcorn Sago Pearl couscous White bread (crust left) Flat bread	White asparagus Peeled eggplant Bamboo shoots Bean sprouts Cauliflowers Stem of Bok Choy Stem of Chinese cabbage Tapioca Chicory White corn White button mushroom Oyster mushroom (Grey white) White potato White radish White turnip Parsnip Lotus root Taro	Peeled banana Peeled lychee Peeled longan Peeled rambutan Peeled mangosteen Peeled pomelo Peeled guava White currants White mulberry Nashi pear White peach White nectarine Water chestnut	Butter beans Cannellini Large white kidney beans Macadamia nut Raw/canned peanut Skinless brazil nuts Lotus seed Lily bulb Octopus/ squid Oyster Tofu Pork White fish Chicken Quail Turkey Egg white Chicken/ Pork sausages	Milk Soy milk Yoghurt Vanilla ice-cream Milk pudding Feta cheese Mozzarella cheese

Food Colour	Food Group				
	Bread & Cereal	Vegetable	Fruit	Meat/Fish/Poultry/Legumes	Dairy
Beige/ Brown	Buckwheat noodle Whole-wheat spaghetti Brown rice Pappadum Wholemeal bread Rye bread Whole-grain bread Pita bread Fruit loaf Carrot cake Melba toast Bran	Chestnut cap mushroom Brown mushroom	Brown pear	Chestnut Brown lentils Roasted cashew nuts Roasted peanuts Walnuts Almonds Hazelnuts	Chocolate flavoured dairy products
Orange	Orange cake	Carrot Orange sweet potato Pumpkin Orange pepper Butternut squash	Papaya/ Papaw Orange Mandarin Rockmelon Persimmon	Cooked salmon	Cheshire cheese Swiss cheese
Red	Beetroot Tagliatelle Thai red rice	Tomato Red capsicum Red pepper Red radishes	Cherry Strawberry Cranberry Raspberry Ruby/red grapefruit Watermelon Red Williams pear Red plum Red apple	Adzuki bean Red kidney bean Beef Veal Mutton Lamb Offal Game meat Red meat sausages	Berry flavoured dairy products

Food colour	Food Group				
	Bread & Cereal	Vegetable	Fruit	Meat/Fish/Poultry/Legumes	Dairy
Green	Spinach pasta	Choko Cucumber Asparagus Broccoli Celery Pea Snap beans Snake beans Leek Iceberg lettuce Oak leaf Cos lettuce Little gem Okra Green pepper Snow pea sprout Spinach Watercress Ripe green tomato Green cherry tomato Asian green vegetables Wakame Brussel Sprouts Green olives Alfalfa	Kiwi Honeydew Green pear Avocado Granny Smith apple	Pistachio nuts Green Mung beans	Pistachio flavoured dairy products Green tea flavoured dairy products

Notes:

Food colour	Food Group				
	Bread & Cereal	Vegetable	Fruit	Meat/Fish/Poultry/Legumes	Dairy
Black/Purple	Squid ink tagliolini Black glutinous rice Wild rice	Nori Wood ear (Judas's ear) Black truffle Shitake mushroom Black radish Black olives Beetroot Purple-tipped asparagus Purple cauliflower (Green after cooked) Red cabbage Red oak leaf Red leaf lettuce Purple sweet potato Purple/black pepper Yam	Blackberry Blackcurrant Black mulberry Dried prune Purple plum	Black pudding Black pea	Taro flavoured dairy products Violet/ Lavender flavoured dairy products

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