

Flavor Training

Bitter



Babies need exposure to embrace the bitter flavor. Introduce bitter veggies and fruits early, including broccoli, arugula, kale, Brussels sprouts, cranberries, mint, and grapefruit.

Sour



The sour taste detects acidity in foods. Introduce small amounts of things like grapefruit, plain yogurt, fermented foods, lemons, or limes.

Umami



Umami is an earthy, savory flavor present in certain foods. Mushrooms, tomatoes, eggplant, and asparagus are good plant-based umami foods for infants.

Sweet



Salty



Babies have a natural preference for these flavors and do not need to be included in Flavor Training.

Flavor Training & the Five Basic Flavors

Shaping Baby's Palate

- Flavor exposure
- From 4-5 months
- Build healthy food preferences
- Help avoid a fussy eater

We are all born with a taste for sweet and salty. Because of this, there is no need to train baby to like sweet and salty foods. But bitter and sour foods can take some getting used to. So try introducing vegetables spanning the whole flavor spectrum, in particular, bitter, umami and earthy. Variety and repetition are key.

Good Flavor Training Guide

While not essential, exposing baby to vegetable flavors from 4-5 months will certainly help when solids play an important role in their nutrition. Try introducing as many vegetable flavors as you can (up to 1 tsp). It is veggie exposure that can make your child less picky as they transition from milk to solids.

Try To



Use a veggies-first approach



Concentrate on sour, bitter, and umami flavors



Give lots of variety



Introduce the same food 10+ times (10 yuks to 1 yum)



Use warm and cold foods



Thicken purees between 4 to 6 months



Add finger foods around 6 months

Best to Avoid



Give foods with added sugar or salt



Introduce foods before 4 months



Wait long periods before introducing new foods



Get discouraged when baby does not like a new food the first time around



Mix sweet and savory foods

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