

# Good Flavor Training Guide

## Spanning the flavor spectrum.

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.

- Introduce flavors from 4–5 months
- A small taste is all that is required
- Exposure is everything

### Try To



Add finger foods around 6 months



Thicken purees between 4 to 6 months



Use warm and cold foods



Use a veggies-first approach



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



Give lots of variety



Concentrate on sour, bitter, and umami flavors

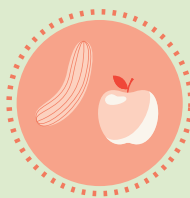
### Best to Avoid



Give foods with added sugar or salt



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



Mix sweet and savory foods



Introduce food before 4 months



Wait long periods before introducing new foods

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