

# Flavor training & the Five Basic Flavors

## Shaping babies palate

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.

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



### 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

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



### Salty

Visit [goodfeeding.com](https://goodfeeding.com) for more information.