

Extended Food-Chaining Practice List

Ten less-familiar foods, each pictured and explained in plain language, for once the 56 core foods above feel comfortable and your family is ready to widen the rotation further.

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Food chaining works by linking a new food to one already accepted — by taste, texture, or appearance — rather than introducing something with nothing in common^[15]. Each item below names exactly what it's close to, so you know where to start.



Edamame (steamed soybean pods)

Pop from the pod — a familiar bean shape once seen, not a new food category.



Garden eggs (African eggplant)

Milder and much softer than it looks once cooked into a stew.



Okra

Sliced thin, its texture is far gentler cooked into soup than most parents expect.



Tahini (sesame paste)

Tastes closer to a nut butter than anything unfamiliar — start with a thin drizzle.



Ugu (fluted pumpkin leaves)

A leafy green, milder than spinach once cooked soft into a stew.



Quinoa

Cooks and eats almost exactly like rice — a near-identical swap, not a new texture.



Chia seeds

Soften and gel within minutes in yogurt — start with a very small amount stirred in.



Cauliflower

Steamed until soft and mashed, it behaves like a milder, whiter potato.



Tofu

Pan-fried until the edges are crisp, the inside stays soft — closer to a soft cheese texture.





Black-eyed beans (whole, not blended)

The natural next step after moi-moi or puréed bean soup have been accepted.



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Your food-chaining tracker

One row per food. A single word per box is plenty – "sniffed," "licked," "one bite," "ate it."

FOOD	WEEK TRIED	RESPONSE	TRY AGAIN?
Edamame			
Garden eggs			
Okra			
Tahini			
Ugu			
Quinoa			
Chia seeds			
Cauliflower			
Tofu			
Black-eyed beans			