
introductions

Posted by sunnysideup - 2008/05/19 08:02

Hello all,

I just wanted to introduce myself in this raw mamas category. I am new to raw and a mother of one child, who is 3 and full of energy.

My daughter had been vegan for a little over a year (as have my partner and I). My partner and I have just recently adopted a raw approach for about a month or so. I have not been pushing her too hard to try new stuff, but just keep eating yummy beautiful raw foods around her and letting her just decide for herself. Well, yesterday, out of the blue, she told me she wanted to try some of my grapefruit, and then proceeded to eat the entire thing!

She is also still nursing on demand so I am not so worried about her getting enough of any particular nutrient, but I am crossing my fingers that she will eventually transition away from the cooked (vegan) foods I was originally feeding her before we started the raw thing. Or at least I hope she will. I feel some remorse now at having ever given her addictive bread, pasta and (dare I say it?) even occasional sweets in the first place, but what can ya do, eh?

In a way it is rather funny in perspective. I am Stateside, and you know what fast food glop madness exists over here as normal, right? Well, I realized today what high standards I set for my family's diet, in comparison with the norm, when I now think whole wheat pasta and brown rice are inadequate for my little one and probably even "bad", all the while watching others' kids chow down on burgers and fries in happy ignorance. I had to chuckle to myself and realize that keeping it all in perspective will keep me holding steady on the raw path.

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Re:introductions

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or not so happy ignorance ;)

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