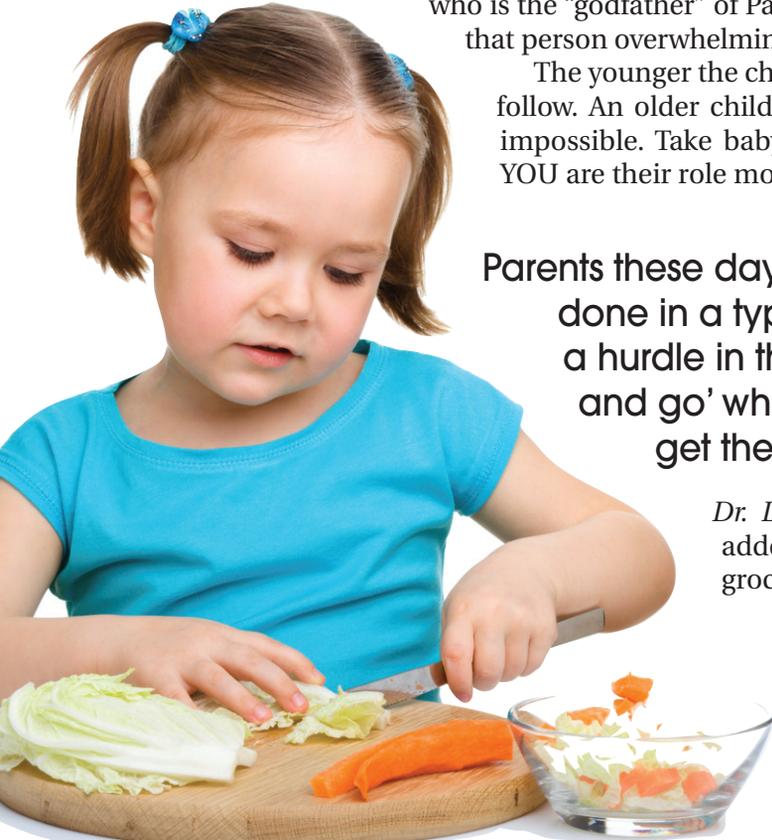


How do you suggest dealing with the typical parent's dilemma of keeping sugary foods out of their children's diet?

Dr. Danenberg answers: “Regulating or eliminating sweets, sugary drinks, refined milk products, processed grain treats may be the best idea, but it's often not practical for a parent. Often times, parents are not even aware if their child has sugar... i.e. a sports drink or “energy” bar after a Little League game; cakes or sweets at a birthday party. Parents are in control of the foods that are presented to their children. Healthy foods are easy to provide, but in the beginning there is a learning curve. The books recommended at the end of this article have excellent meals that are easy to prepare and delicious to eat for the whole family. Many of them are easy to pack up and take on a trip or to school. The foods that are most important to eliminate are grains and added sugars. Whole foods will not contribute significantly to an unhealthy level of sugars. If a child's food choices in the home are generally healthy, then some cheating outside of the home is not going to be a problem. Dr. Loren Cordain, who is the “godfather” of Paleo research, states that if a person is 85% compliant, then that person overwhelmingly will benefit from their Paleo eating lifestyle.

The younger the child is when you start a Paleo lifestyle, the easier it will be to follow. An older child's eating habits may be more difficult to change but not impossible. Take baby steps, but children learn from what they see at home. YOU are their role model.”



Parents these days are so often in a hurry to get everything done in a typical day. Grocery shopping presents quite a hurdle in these cases... it's so much easier to ‘grab and go’ when your child is hungry and you need to get them fed.

Dr. Danenberg answers: “Again, try to avoid the grains and added sugars when your child is fed. Shop the outer isles in the grocery store where the more natural foods are located and avoid the packaged and overly processed foods in the center of the store. If purchasing package foods, look at the ingredients, and be selective. You will be amazed at what are in some of these “foods”. Again, grains and added sugars are the most troublesome. You may not be 100% Paleo, but you will be providing your child with a very healthy foundation.”

Some quick ideas for on-the-go:

- Raw almond butter spread on stalks of celery.
- Raw vegetables and/or sliced fruits with individual containers of live culture, full fat yogurt for dipping. Add spices to the yogurt to create different flavors.
- Chicken salad or tuna salad with chopped nuts, blueberries, and cut up celery, or with lettuce leaves (butter or Romaine lettuce) are good for a salad wrap.
- Raw macadamia nuts.

If you eat out while ‘on the road’, are fast food places forever banned?

Dr. Danenberg answers: “Fast food places usually are not a problem once you understand what you cannot eat. Some examples of what to eat”:

- Some type of salad with oil and vinegar dressing and whatever spices that are available at the restaurant.
- Hard boiled eggs, hamburger or chicken meat – crumbled up and tossed into the salad.
- Fresh fruit if available.
- Water, unsweetened iced or hot tea, or seltzer.