

The Paleo Solution

Episode 62

Robb Wolf: Robb Wolf.

Andy Deas: Andy Deas. The Paleo Solution.

Robb Wolf: Holy cat, yeah.

Andy Deas: Robb Wolf and Andy Deas is back with episode 62 of the Paleolithic Solution, and today we are honored to be joined by our good friend Sarah Fragoso from Everyday Paleo. What's up guys?

Sarah Fragoso: Hello.

Robb Wolf: This show is much better looking today for some reason.

Andy Deas: Because I shaved my beard Robb seriously.

Robb Wolf: I think it has nothing to do with you or I.

Sarah Fragoso: Well, thank you guys so much for having me. I'm really excited to be hanging out with you guys today.

Andy Deas: Ah, well will miss hanging out with you.

Robb Wolf: Yeah.

Sarah Fragoso: I know it's been so long.

Andy Deas: Sarah, why don't you tell folks a little bit just kind of how you wondered into this whole scene, like what your background was before rolling into the Paleo scene and like coming into NorCal and just all that stuff?

Sarah Fragoso: Sure. Well, it's kind of a long story so I'll condense it down to just a few minutes. You know I grew up in a total health nut family so I think awareness about health has always been a part of my life and it's -- that it has always been kind of elusive like wishing that I was healthier or you know trying to lose weight or trying to get rid of some little thing that ailed me and I've been you know pretty athletic my whole life. I did compete as a gymnast when I was younger and then after having a few babies and just -- you know living a "healthy life" I really wasn't healthy.

You know I had several little health issues and nuisances that were bothering me from like you know chronic headaches to painful feeling in my legs and then you know fortunately I bumped in to you guys about -- oh gosh, how long has it been now? Five years I think, five years ago?

Robb Wolf: Uh-hmm.

Sarah Fragoso: And it definitely took me a couple of years of being stubborn before I really decided to listen and hear what you all were trying to tell me. And after Rowan was born and I found myself kind of you know rock bottom as far as my health was concerned, I think it really takes a person being ready to change and hear what they need to hear in order to get that change. So working out at NorCal definitely was the first step in my direction towards health.

But even then I didn't start really cleaning up my diet until a couple of months afterwards and that's when I noticed a huge difference, even just weeks after changing the way I was eating and that morphed into me eventually getting my whole family on board and that turned into my blog which I began really just to kind of hold myself and my family accountable and to share with our clients at the gym, and now you know almost a year and a half later I'm writing this book and it's just really turned into my passion and it has just been a really exciting journey.

Robb Wolf: And I think it's -- you're covering such a huge need and I think it was -- and I'll pat myself on the back a little bit and that I think I was the one that kind of lit a fire under you to do this because I would end up at all these seminars whether it was CrossFit related or my nutrition gigs, and I would commentate about nutrition but this topic of like kids and feeding kids and everything would always come up, and it was a really sticky topic for me and I felt like a little bit of a Charlatan commenting on it because I didn't have kids.

You know I could kind of speak from a little bit of a technical background and stuff like that but I really felt like you know the brass tacks like how do you do it really needed some addressing and so I think I told you "Hey you know I think you should start a blog" and you did it and you're a really good writer and it's just taken off like wild fire and actually got a little peak at Sarah's forthcoming book "Everyday Paleo" and it looks phenomenal. It's actually kind of 3 books in 1. Folks are going to be stoked by these things so... Well, does that fill it in? Like is that the other little nooks and crannies of it?

Sarah Fragoso: Oh yeah definitely. And no, you deserve huge pat on the back because even when I was considering writing my book, you're like "Why are you considering it? Just do it!" and so really, you've -- you know, definitely encouraged me along the way and am glad I've listened, so thank you for that.

Robb Wolf: Cool, cool.

Andy Deas: Are we ready for questions?

Robb Wolf: We are ready Andy. Andy is all business today.

Andy Deas: I'm focused. Well, you know I wanted to throw in the -- a proverbial "Kids are not just little people" joke, but I feel like I've used that in a --

Robb Wolf: You had a really funny e-mail on that topic too. Maybe if we have time at the end of this, or we'll probably end up scratching around that at some point so...

Sarah Fragoso: Yeah.

Andy Deas: Ah it's Sunday Robb, I'm focused. The sun is out in Chicago. It's a big day for us, first time in a week.

Robb Wolf: I know, I know. I put the gun back into its holster today. I was about ready to go hostile on myself so...

Andy Deas: All right. Well, first question we have today is from Kevin and he says "Hi Sarah. I'm a busy chiropractor and my wife does all the cooking for our family. We've been eating Paleo for about two years and my wife tells me she is running out of ideas and tends to make similar meals over and over. What can you suggest for keeping Paleo cooking fun for her and for keeping her inspired in the gym? Thanks! Kevin. P.S: We made your Paleo pumpkin pie and it was great!"

Sarah Fragoso: Well, I think he actually wants to keep her inspired in the kitchen. It would be kind of funny just thinking of the gym, but that might work. So I'm glad that they liked my pumpkin pie, but honestly it's kind of normal to have -- I don't know those meals that you go to that are easy that you tend to make once or twice a week, but I think that the key to keeping things exciting is to just make little changes or tweaks to those "go-to meals." I know that on Tuesday for us is taco night. Every Tuesday, that's what we do.

So basically, I make some ground beef and I season it with cumin and paprika and then we put some salsa in it, and sometimes we make lettuce tacos out of it, sometimes we make it with purple cabbage slaw which is a recipe on my site. So you know I just try to kind of make it different so it's not really the same thing every week but then too, I think if you have your cupboard stocked with as many spices as you possibly can, and you keep your veggies selection very complex, or not even complex -- that's kind of silly word, but if you have a lot of veggies to select from, you can make a different meal every night of the week, without even trying.

And of then of course, if you go to my blog, I think I have over 200 recipes now on my blog, so I recommend if she's wanting to switch it up, on the weekend plan out her week, look at my blog and try to make at least 2 new recipes a week based on you know, my recipes and there's you know a gazillion other great Paleo recipe blogs out there as well, and then shop according to your plan and try and stick to it, and then you'll have at least you know a couple of new things to look forward to every week. So that's my advice.

Robb Wolf: Totally, and then there's that wacky food matrix floating around out there which is pretty much what Sarah was alluding to, like if you have a lot of spices, you have a lot of veggies on hand, all of the sudden you end up with like two or three hundred years of potential food options, never seeing the same meal twice. So with the internet, with a little bit of planning, like you should never be bored in the kitchen, like a chicken plus broccoli plus ginger is completely different than a chicken plus broccoli plus curry or something like that you know. So little tweaks and fiddles like that totally change the meal and folks have no excuse to be bored, they just need to tinker.

Sarah Fragoso: Right and then too, another idea is making sure that you're not thinking about breakfast, lunch and dinner like we used to think about breakfast lunch and dinner. Like Coby my oldest, he'll cook for us, sometimes once or twice a week and one of his favorite things to make for dinner, is breakfast, so we'll come home to like this giant awesome meat and veggie filled omelet. So you know just kind of thinking outside the box as far as what meals are supposed to look like too.

Robb Wolf: Nice.

Andy Deas: And I just want to add that -- this is my complaint, only in Paleo land do people complain about getting bored 'cause when I see people's food

logs that don't eat like this, they don't look very, very -- varied in away, so I never understand this question, but that's just me.

Robb Wolf: Yeah.

Sarah Fragoso: Right.

Robb Wolf: It's an excuse. That's all it is. It's a weak excuse.

Andy Deas: Just kidding Kevin we love you. Just bitter. Moving on, we got a question from Shantel. She says "I have two daughters, 8 and 2. It was hard getting them onto the Paleo bandwagon at first but I've always find that if you starve them long enough they will eat! So after a few refusals of what was served and they got hungry, they started eating. My question though is lunches especially for my 8 year old. I pack her a snack and a lunch every day a week, except Thursdays. It's a compromise."

"Thursday is pizza day at school. I'm letting her have that one. What do you pack for your kid for school lunches and more importantly how do you pack them? We have a lunch bag, several plastic containers and a few thermoses. I think I'm just stuck in a mental block of what a lunch is, and I need to think outside the sandwich. I followed your blog and I've tried some of your recipes. I love that you state brands and specifics. We do 80% of our shopping at Trader Joes, so it's great to see using your products I'm familiar with. Thank you so much! Shantel."

Sarah Fragoso: Awesome. And first you know Shantel I've got to give you a thumbs up for sticking to your guns and getting your kids on that Paleo bandwagon, and I know you didn't really starve them, but I always laugh when I hear parents or I get e-mails from parents saying, "I've tried and then they won't eat and so I can't get them on the Paleo bandwagon, but then I probed a little bit further and then it's like they tried for a day." And then if they still have the other options in the house, then it's easier to give in to your whining child then if you just clean it all out.

And at some point, like with Shantel, she -- you know held out and they ate and it sounds like they're doing great. So anyway, I wanted to give her props on that and bring that as she -- to light, but as far as the lunch issue is concerned, I recommend the -- the lunchboxes that I used for my kids, I bought them online at PlanetBox.com, and I've plugged this on my blog before and I hope those folks could find me some day and give me sort of endorsement deal 'cause I'm sure their sales have gone up. But PlanetBox.com sells this awesome little stainless steel lunchboxes and they almost look like little "bento boxes" and you don't have to use

sandwich baggies or plastic Tupperware. And it actually comes with one little metal container that kind of looks like a Tupperware, a big one and a small one so you can put like guacamole in one and like chicken salad in the other or you don't have to use those if you don't want too.

And then they actually go right into the dishwasher so at the end of my day I just put them in the dishwasher and then they're ready in the morning to pack again, and as far as ideas, I'm going give you a few now, but also if you go to my blog, and if you just go to the search function, and search "kids lunches" or "lunch ideas for kids," I've posted several and I continue to throw them up every now and then. But my kids love stuff like "turkey roll ups" is what we call them and Rowan my little guy calls them "tacos." We'll take like a piece of chicken or turkey and we'll fill it with broccoli slaw or cabbage or avocado slices, and we'll roll them up like little burritos, except for with meat and I'll send those -- Jaden loves chicken salad, so I'll make one of my chicken salad recipes and put that in there.

My egg cupcakes are perfect too, that recipe is in my blog. Basically it's just like a little mini kishke. Deviled eggs, anything that's left over and especially if you've got that PlanetBox, you can put leftovers in there. Slices of grilled chicken and avocado dip, apples, fruit -- you know any sort of fruit that's easier, any sort of steamed veggies. I like to make my own Baba ghanoush which is roasting an eggplant and then blending it up with olive oil and garlic and spices, and that's a great dip for steamed veggies. So really the sky is the limit and having that PlanetBox really enables you to pack a lot different food items than what you wouldn't necessarily think as a lunch would look like for a kid.

Robb Wolf:

Nice.

Andy Deas:

And then I think Adam said a follow up to this, sort of an addition to this question. "What do you do when it's a pizza day at school? Do you ever have any problems with the kids feeling left out?" What's your thoughts on that Sarah?

Sarah Fragoso:

So this is the classic question that I get all the time, and Chrissy and I addressed this question a couple of times in our first podcast that we recorded for our show coming up but -- so there's several things that you can do, and fortunately I don't know if it's because where we live, that I feel like pizza day doesn't come up like every week. It's more of like a once every couple of month issue that we have to deal with, and if your kid has a severe reaction to gluten, you can bring a gluten-free pizza.

I don't know -- I mean I know we have a couple of pizza places in our town that make gluten-free pizza, and that's an idea, just so your kid doesn't feel left out. They're eating the same thing, and honestly your kid probably won't even know the difference and neither will the other kids, if they end up eating it and really it's you know -- it's very close to the actual pizza. Another idea which I actually kind of started a movement in my son's classroom this year, without making a big fuss about it and trying to be really positive that any parent who has a child in school, knows that there is this big movement right now, as far as trying to get healthier school lunches in schools.

It doesn't necessarily mean that's a Paleo lunch, but you know at least people are becoming more aware. So the last pizza party that we had, I emailed the class mom and I said you know, "I would be happy to bring in trays of deli meat and veggies and ranch tip, and then if the kids want fun food afterwards, let's do popcorn and I can bring in some gluten-free cookies." And so I think just making people a little bit more aware about just the health issues in general with kids and you don't have to be the weird one but just the proactive one.

And then last but not least, don't worry about it so much. If your kid has a piece of pizza once a month at school, and you weren't aware that it was pizza day, just rest assured you're doing the best that you can for your kids at home and for their lunches, and life goes on and they're going to be all right. So that's my answer to that one.

Andy Deas:

Cool. All right, so let's skip down to 4 Sarah. She says, "I am a breastfeeding mom who is out of shape and 25 pounds over my normal healthy weight. This is my third baby, and he's just over three months and he has been a slow gainer the whole time, so keeping a good milk supply is my priority. I have read that pregnant and breastfeeding moms need more fat and carbs than the typical Paleo diet. I'm wondering how the Paleo solution can be modified for breastfeeding moms?"

"So far I've not been able to find the right balance of extra carbs and fat. When I ate less carbs and fat my milk supply went down so I added more but I am still not losing any weight so maybe I added too much. It would be great to have some guidance on how to do Paleo as a breastfeeding mom."

Sarah Fragoso:

Okay. So, Robb might want to chime in with me on this one. But here's my take on the Paleo breastfeeding mom and newborn. The most important thing that I want new mothers to be worrying about with a newborn, is taking care of yourself and taking care of your little one, and

in reality the things that inhibit milk supply are stress, lack of sleep and then not nursing on demand is the third biggest one. And also supplementing with any sort of formula or bottle feeding especially within the first three months which sometimes that's not possible and I realized that, but it's -- those are the three key issues in milk supply diminishing or not having a good milk supply.

So I think it's important as a breastfeeding mom to eat when you're hungry, not stressed too much about carbs and fat, and cutting back on those unless of course you're living on sweet potatoes all day, or fruit all day, but just keep the focus on making sure you're eating protein with every meal or snack, making sure you're eating fat with every meal and snack, and that you're not hungry and that you're not dehydrated. So always, always, always having water next to your bed, or your couch or wherever it is that your nursing the baby 'cause also that's -- the other thing too is just by being dehydrated or by starving yourself, then yes of course that's going to affect your milk supply.

So like I said, I think I would keep the focus more on taking care of yourself, keeping your stress level low, sleeping as much as possible and then just focusing on a good plain healthy Paleo diet and in a few months, you're going to start to feel a little more like a real person again. You're going to start getting more sleep, your body is not going to be under as much stress, you'll be more recovered from childbirth and then you can start thinking about losing weight. But right now, I would put the emphasis on just being healthy.

Robb Wolf: So that was part of the question there was "How do I keep my milk supply up while also trying to lean out?" Was that part of the --

Sarah Fragoso: Right.

Robb Wolf: Yeah. And this is kind of this classic thing, I mean we could change the story to "I want to gain muscle mass while leaning out," and it's that thing again where if folks can't delineate what the primary goal is, then we start mixing signals. We start trying to do too many things at once and I think Sarah you'll agree with this, just the process of recovering and you alluded to all these already -- the process from recovering from childbirth - the very process of breastfeeding itself is very energetically demanding.

Sarah Fragoso: Right.

Robb Wolf: And so that's going to play a pretty big role in kind of -- you know getting you headed in the right direction. You want to start doing some easy safe

exercise when you start feeling better, starting off with just walking. But the primary goal like you said is got to be just like you know sustenance and I maintenance of you and the little one, and that's the primary focus.

And if you're reading Paleo foods, kind of regardless of what the ratios are, eat what seems to taste good but if the food quality is there, then you're going to be good to go on that front and you worry about -- you know you healing, the little one growing well, keeping milk production maxed out and then down the road, you start leaning out and shift goals especially as weaning starts to happen.

Sarah Fragoso: Right, exactly. And I definitely remember with my own experience -- for me, like the highlight was when I actually started feeling better, and you know it definitely wasn't like right away, "Oh I'm back down to a size 2!" But it was so motivating just to have the energy to get out of bed and take care of my family and feel good. That actually -- you know looking good in my bikini again became my second priority and then it just happened after you know a few months and I was like "Oh! Now I also look better!" So you know when you're a mom and you're taking care of your little ones, just you know the emphasis like Robb was saying and I agree, really should be on just taking care of yourself and the baby.

Andy Deas: Cool. We have a kind of follow up question to that. Melisa says "I'm also interested in this topic. My baby is 6 weeks old and breastfeeding is going well. I had problems with breastfeeding my first so making sure my milk supply is strong is my number one priority. However, since this is my last child, I'm ready to get on the Paleo bandwagon as well as doing CrossFit to achieve a healthier lifestyle."

"So will eating strict Paleo decrease my milk supply.? I've already excluded dairy except grass-fed butter for my diet and my milk is still going strong, or is a matter of making sure you get a certain amount of calories and fat? For example 1800 calories for breastfeeding mothers. If you can be specific of how many carbs, fat and proteins for breastfeeding mothers would be helpful. Also would being in a state of ketosis leak ketones into the breast milk. Thanks. Melissa."

Sarah Fragoso: So, my answer for Melissa is going to be the same as it was for the previous question that I would not again worry so much about counting calories and fat, and you know making sure that your ratios are correct, but just making sure that your getting all your macro nutrients at every meal, and that you're eating enough and that your sleeping enough, and that you're not running yourself ragged 'cause that's what's going to affect your milk supply. But eating a Paleo diet should not decrease your

milk supply as long as you're eating enough food which really -- I can't tell you in exact caloric amount that you should be eating. It just should be that you're having those macronutrients at every meal.

You should be having fat, you should be having protein, those are the two most important and then some good carbs when you can get them, and don't rush things as far as -- you know, working out hard in the gym right away like Robb was saying: starting by walking and then easing yourself back into it. And as far as being in a state of ketosis and worrying about leaking ketones into breast milk -- again, I wouldn't even worry about being in the state of ketosis at this point, but I did some of my own research and I know Robb's going to chime in, and I don't think it's really actually something to worry about.

There's arguments on both sides of the story. I mean if you're breast feeding, the recommended time which is you know one to two years, you might get to the point where you know you're eating a little bit differently and you do find yourself in a state of ketosis but it shouldn't harm your child. So with that being said, I'm going to let Robb also chime in on that because that's definitely more of an area of expertise as far as that's concerned, but it sounds like to me just sticking with focusing on health and then worrying a little bit you know later on down the road about getting back into shape.

Robb Wolf:

Yeah, this ketosis thing is kind of funny, like our director in training Natalie shot me an e-mail recently with one of her clients who started with us and she's breastfeeding and immediately there's a single, "What happens if I go into ketosis doing Paleo?" And it's just kind of funny to me it's like you -- actually you have to really try to get into ketosis for the most part and so that's one issue. And the other issue is that when you really look at that epidemiology on this and also some of the clinical pros on this, ketosis does not suppress breast milk production, ketone bodies are actually an intricate element of fetal and newborn brain development, like it's actually the building block of some of the neurological -- you know connections and elements of normal neuronal growth.

And so either the child -- its metabolism will manufacture some ketone bodies or the mom's metabolism will or somewhere along there they actually need a few, and so it really it's just this big bogeyman that is a complete non issue. So it doesn't really matter one way or the other. If you do happened to go into ketosis it just won't really influence anything, and then you really have to try to pull that off. If the levels of protein and carbohydrate level that we're recommending that people eat and it

would be very hard, if not impossible to even go into there, so it's just a lot to do about nothing folks.

So you know it's good folks are wanting to you know do the best for their kids but it's this thing again where if we peel back and look at some of the papers that Cordain has written, you can't get more nutrition per calorie, eating you know lean meats, fruits and vegetables, good fats, seafood, yams and sweet potatoes like you -- when you exclude the grains, legumes and dairy, you reduce inflammation, you reduce fat irritation, you reduce the likelihood those things being problematic with the baby because all that -- the lectins from grains and legumes can be transferred through the breast milk, into the little one and irritate their gut. So we're solving a bunch of problems all at once and it's kind of when these things, just like breathe, relax, eat and enjoy the process.

Sarah Fragoso: Right. And I'm -- yes and so true, and you know, not only with my own experience but with you know a gazillion other Paleo mom's that I know and know firsthand off or just down at the gym, these moms are just eating good clean healthy food, their nursing their babies, their kind of cruising along through life and things are fine! And their babies are happy and healthy and their happy and healthy. And so like you said, Robb I think just kind of taking a step back you know, deep breath in, deep breath out kind of relaxing and just living is fine and just not to stress out.

Andy Deas: Robb are you typing?

Robb Wolf: No.

Andy Deas: Stop dancing.

Robb Wolf: I was dancing. Actually a keystone was rubbing up against the keyboard so that's why.

Andy Deas: There it goes, there it goes.

Sarah Fragoso: He's just typing.

Andy Deas: Next we got a question from Kat. She says "Hi Sarah! Love your blog. I wanted to hear just about starting your family out on Paleo eating. I've heard Robb say you were just really tough about everything in the beginning and there was some uprising at first, but then everyone got on board. Okay that's great and all, but I and the other mom needs some specifics. I have a very picky eater and a good eater, ages five and three.

Please give a timeline and suggestions for getting families off to the right start. Keep up the great work!”

Sarah Fragoso:

Okay, so I’m happy to see this question because I’ve obviously talked about transitioning my own family into eating Paleo and I go into great links in the book about tips, tricks, secrets and how to do that successfully but really yes, Robb was right, I was tough in regards to not having any food in the house that I could fall back on, when I wanted to give in ‘cause yeah, at first it was definitely challenging, but I think that the key to success is knowing how a child operates, and understanding the psychology of a kid, and every kid is different but the reality is, all kids thrive on attention.

And they want attention and they want it no matter what kind of attention it is, whether it’s negative reinforcement or positive reinforcement. If they’re getting some kind of attention, that’s going to determine their behavior and how they choose to behave. So really the world revolves around these little guys. So being aware of that is really important, so I really try to stress the importance of not putting the emphasis on the fact that you’re getting rid of their favorite cereal, but instead putting the emphasis on having fun together in the kitchen. So I did, I rid all of the junk food from my house, only had the options left that I wanted them to be able to choose from, and that I wanted to serve them, and then I just continued living.

And I put the food on the table. I have three kids, we run a business, I work, I have my blog I don’t have time to argue with my kids about what they’re going to eat, so I would make breakfast, and I’d put it n the table and if one of them didn’t eat everything, I’d just didn’t even talk about it. We didn’t even notice it, we just moved on, and I knew that they’d have another opportunity to eat again at some point, and then two, just getting them involved, really helped with the level of excitement about the different kinds of foods that I was introducing.

So Jaden my 7-year-old, he was the one who was pretty easy to transition because he’s got like this crazy eclectic palette and he’ll eat just about anything you put in front of him. The baby never knew any different so it’s been really fun just to see him try and eat just about everything that I put on the table without any complaint, and then my oldest was a little more -- he had little more reservation but he’s old enough for me to explain to him why we were making the changes that we were making, but without making it like a scare tactic or telling him “Oh, I don’t want you to eat that ‘cause you might get fat!” I mean it just- it was just all

very positive and you know light and easy and not this drudgery of “Oh now you kids can’t have bread.”

It was like “Oh cool, let’s check this out, and I want you to pick what we’re going to have and here’s your choices for this week. Do you want meatloaf on Tuesday? Or do you want” -- I can’t even think of anything right now -- “Paleo spaghetti on Tuesday.” And then let the kids choose, so giving some sort of control and really praising them for their efforts in the kitchen. If my kids help me out and we let dad know when dad comes home, “Jaden made this all by himself or he choose the spic,” I guarantee you your kids will be much more excited about trying something new if they had a hand in helping.

So I could go on and on about this for hours but lots of good information on this on my blog and in my book.

Robb Wolf: And this is just something that I’ve hammered in my talk and just for anybody, it’s that cleaning out the house, making the house pretty pristine and then your options boil down to the things at hand and it makes your life a lot easier.

Sarah Fragoso: Right. And then actually after getting rid of the junk, it ended the food wars, it ended the food battles ‘cause I can clearly remember with my two older kids, they knew what we had and they would not eat half of what I wanted them to because they wanted to get to the ice cream that was in the freezer, or they would only eat the pasta and they’d skip everything else, so it would be me and John harping on them, “No you got to eat this first, you got to eat that,” and now if my kids only eat the chicken and the Brussels sprouts and they don’t eat a whole lot of sweet potato, I don’t care. It’s not even a -- you know it’s a null point, so it just - - it does, it really makes life easier in the long run.

Andy Deas: And as a kind of follow up to that, the other Sarah says “Hey Sarah, I second this. I’m definitely interested to hear about -- more how about you involved the kids in the cooking process to get them excited about the food. Thanks for the blog. It definitely kept me going the first month I was Paleo. Best, the other Sarah.” So I don’t know Sarah if you want to talk a little bit about -- I’ve seen some funny videos with Jaden and Rowan grinding things in the food processor and stuff so maybe you can talk about -- you know in addition to having them make some food choices, how you’ve involved them in prepping food.

Sarah Fragoso: Oh sure. So you definitely can’t be scared of a mess. And like I said, I grew up in a family where we all cooked together, and so from a very early

age, my mom would put me up on the counter and give me a spoon and just let me help, and that's what I do. I basically let them do anything with me that they want to that's safe. You know, of course the little guys aren't using a knife or you know whatever. But they love stuff like pressing the button on the food processor or adding in the vegetables into the pot of soup that I'm making or dumping in the spices, and they love holding measuring cups and then pouring in liquid or you know helping me open up the coconut milk can.

So there's so -- I mean they can do just about everything and even things that aren't necessarily food related, like helping out making placemats for your table, or even setting the table, just giving them some sort of job, retrieving items from the refrigerator is another great one 'cause it's a learning process too. So like my kids know what colrabi is and they can pick that out of the refrigerator and bring it to me because we've learned together in the kitchen about different food items.

So there's a million things that kids can do, just know their limits, you know don't let them -- you know drop food into hot grease if you know it's going to burn them, but give them safe fun activities in the kitchen.

Robb Wolf: Thanks. Cool.

Andy Deas: Next we have a question from Bob. He says "Hello Sarah! Thanks in advance for any advice, etc. My wife has vowed to start a strict 30-day Paleo Solution regimen beginning January 1st. She is and has been a typical Standard American Diet follower her whole life. My private thoughts are she'll be blown away by the improvements, and therefore stick to this for life, but we shall see. She is early 40s very average weight, fitness level, etc."

"And oh yeah, my question -- are there any problems that tend to pop up for females just beginning this path that might not be there for a guy? And is there are thought or considerations that you might have for my wife as she starts out on this wonderful journey? Sorry for the crap question but it's the best I got. Thanks again and happy holidays."

Sarah Fragoso: Okay, well I don't think that there's any problems that tend to pop up for females. I think really problems pop up if we want them too, and so I think you know if she chooses to go for this wholeheartedly, she'll just have as much success as anybody else and I don't know, maybe because she's a chick like me I cried in my empty cereal bowl for the first couple of weeks. But other than that, I think that' she'll be just fine.

I think she'll be happy and like you said she'll be probably completely surprised and excited how life changing this lifestyle is. So, I say wish her best of luck and you guys enjoy the journey together so... And I think that's what you're looking for, that's my answer.

Robb Wolf: Everybody wants to be a unique snowflake but we're not.

Sarah Fragoso: Right. No.

Andy Deas: I am unique Robb, don't tell me otherwise. You're going to ruin my weekend. Ah next we got a --

Robb Wolf: Okay, Andy is unique but nobody else is.

Sarah Fragoso: Yeah, it's all fun.

Andy Deas: Next we got a question from our friend Adam. He says, "I'm the Paleo nut with the wife and two daughters, 10 and 6 who eat healthy by mainstream standards, organic 80% non-processed but far from Paleo, way too many grains and carbs, not enough meats or healthy fats. How do I bring them into the Paleo lifestyle without driving us all crazy or craving all kinds of neurosis about food? My wife grew up with an eating disorder so she's super sensitive to any pressures about food, but I know my girls, while lean, are not heading down the road of the kind of health that they could enjoy. Thanks."

Sarah Fragoso: Okay, so this question for me, this is way more family dynamic related than it is -- than it has anything really to do with food, and maybe you guys may agree or disagree with me but that's what I'm seeing here. This is more of like a "relationship family let's all --you know get in this thing together" sort of issue rather than just the fact that maybe they're not eating the healthiest food choices. And I really want to stress that eating healthy food does not cause neurosis about food, and it does not cause eating disorders.

So doing the very best that you can for your family has nothing to do with down the line whether or not your child or your spouse or whoever is going have an eating disorder, and eating disorders are related to traumatic experiences, other issues that are in no way related to what you're eating. So if, you know you have a parent who's telling their child that they're going to get fat if they eat that over and over again every single day, it doesn't matter if you're telling them they're going to get fat eating Oreos or their going to get fat eating too many macadamia nuts.

It's how you handle your life. It's not about the kind of food that you're eating.

So I can understand that your wife would be concerned if she grew up with an eating disorder, but I think just maybe educating yourself -- yourselves together, not to say that you're not educated, but just to learn together about why it's healthier to eat Paleo, you know read Robb's book, look at Robb's blog, pick up my book when it comes out, explore together to learn about why eating healthy is important, why eating Paleo is important and why it's better gram per gram than eating the Standard American Diet, and then trying together as a united front to get your daughters on board, because I think if you're going to push anything on your kids, without your wife's consent, it's going to cause problems between you as a couple.

So I think starting with the relationship and then working together towards improving the family's health, and so if you guys have anything else to add to that, I don't know but that's my take on it.

Robb Wolf: Sounds good to me.

Sarah Fragoso: Alrighty.

Andy Deas: I'm sold Sarah

Sarah Fragoso: Okay, thanks.

Andy Deas: I think the next question is kind of similar with me, but if anything else comes out at you so, David says "He seconds the previous question as he's in a very similar situation. I've been able to eliminate gluten out of the house, but still not the carbs. My wife didn't have any eating disorder, but she comes from a family that lives off carbs so it's hard nut to crack."

Sarah Fragoso: Okay, so yeah. I mean my answer is kind of the same to that one as well. And you know I would at least -- for David, maybe ask his wife is she's absolutely unwilling to give up what -- I don't know what the carbs might be if you know the gluten's out of the house, maybe it's gluten-free goodies or whatever. And I've suggested this to other families and it has kind of seemed to at least help to have her keep her own little stash somewhere that's not like the prominent food choice for the family, so she can kind of -- you know if she's refusing to get on board with her husband, which is fine, that's her choice to make, that she just doesn't have it all over the place so that -- you know he can help.

And if she's on board, steer the kids in the right direction -- a more better direction or let them have you know better options available. But then again like I said this just kind of goes back to communicating, educating yourselves together, getting on board, you know deciding together "How do we want our kids to eat?" And then sticking to it and not going behind each other's backs or sneaking food 'cause that's what leads to you know kind of yucky stuff psychologically so... Just as long as you're consistent I think that's the most important thing.

Andy Deas: Yup. Good.

Sarah Fragoso: Makes sense?

Andy Deas: Makes sense to me. Next we have a question from Robin. "Hi Sarah and Robb and Andy. My young family has been finding our Paleo footing since September, and has been thriving, but we are quickly approaching a bump in the road. My oldest daughter will be turning 3 and starting half day preschool in January. She has never been in care outside the home, and so her food choice has always been strictly controlled."

"The school she is going to is private and small so they provide snacks and lunch to the kids. The problem is they are standard "kid" food -- Cheez-it's, peanut butter crackers, graham crackers, etc. I have no problems sending her snacks and lunch, but my question is this: How do you, or did you deal with the "I want what all the other kids have" from the kids, and the "How can you be such a heartless parent" from everyone else? Thanks for being such a great example of a healthy American family!"

Sarah Fragoso: Well, thank you for that. And I this is another situation where you just have to kind of let go of any sort of consciousness about what other moms might be thinking because in reality, all of us are way more concerned about ourselves, and how others perceive ourselves than what is actually happening. So, I'm sure whatever parents that you might be worried about thinking that you're heartless, they're just as equally worried that you think they look fat in their jeans or whatever.

So I would kind of just let that one go first and foremost, and then secondly, three-year-olds could care less what other kids are doing and it's back to they're the center of attention. As long as no one is taking their snack from them, they don't care what the other kid has. So if you can send a healthier snack option with your little ones to preschool, I would absolutely do it. Preschool is not the age where kids are concerned

about being the same as Johnny. They're very selfish and into themselves at that age.

So I wouldn't even be concerned and like I said you know just -- I wouldn't worry about people thinking you're a heartless parent 'cause really when it boils down to it, it's no one else's business and that your kid is happy, and healthy and thriving, and you're a loving kind and caring parent then I really doubt that anyone's going to even notice. So that's my thoughts guys. What do you think?

Robb Wolf: You know it's tough all the way around. And again since we don't have kids yet, it's "armchair quarterback deal" at this point. But I think you know issues of like how you discipline kids and all kinds of different things start getting really murky and you just have to have faith at where you're at is a good spot and try to choose some self-analysis and do the best you can and that's pretty much --

Sarah Fragoso: Right.

Robb Wolf: -- that's pretty much all you've got you know?

Sarah Fragoso: Right.

Robb Wolf: And it's never going to be perfect and there's always going to be compromises with it.

Sarah Fragoso: Exactly. And you know with my older kids -- because you know we talk about -- you know we talk about everything, but I remember the first day, Jaden took his new PlanetBox lunchbox to school and he came home and he said "Mom, all the kids wanted to try my food!" I mean they thought it was very cool that he had you know food that looked different and then he had this cool lunchbox, and he was in no way ostracized or made fun of, and maybe part of that is because he goes to a really you know neat school with a great group of kids and maybe part of it is that we -- I think we put too much emphasis on things that really are of little importance in a the kids day, you know in the grand scheme of things.

And for him it was more about you know being able to share with the other kids "Look I eat healthy and this is kind of cool." And coming home and being proud of it. So I think it's a way of also -- another more positive way to look at it is kind of spreading the love a little bit and you know teaching others by example and people get interested and start asking questions which I think is pretty cool actually.

Andy Deas: This reminds me of a related but unrelated story Sarah where your podcast partner in crime Chrissy's house making some popcorn balls around the holidays. Now please note, these were not for us to eat they were for one of the -- somebody's family from their tradition. But anyways, you know Chrissy was there with Kayden who -- what is he like two, two and a half now? Do you know exactly?

Sarah Fragoso: Yes. He's like 2 and 3 months or 4 months, something like that.

Robb Wolf: So anyway we were making these popcorn balls and I've never made popcorn balls so I was wondering how this process works, but because Kayden didn't even ever eaten popcorn, he had no interest at even what we were doing. He just kind of looked at us and he was like, "Oh that's fun. I'm going back to eating my chicken and blueberries and spinach" and he didn't even care like -- and I was just kind of stunned by the whole thing. And I was like Chrissy -- she was like "Well, he has never even eaten it." Like there's no attachment for him at this point, like it's just, we were just making whatever it is in the kitchen and he's going to eat his dinner."

Sarah Fragoso: Right exactly. And you know kids are really smart too -- and let's go ahead if you want to go onto the next question 'cause I think it might kind of tie into this one here -- what I was about to say so...

Andy Deas: Cool, cool. Joel says "Hi Sarah! My wife and I love your site and use your recipes all the time. My question is about daycare. More specifically, if you have any advice about how to circumvent the mother of all Paleo cock-blocks that is kids getting pasta, pretzels, bagels, etc four days a week" -- Robb I'm going to insert editors note and clearly Joel has read your stuff for awhile to use Paleo cock-blocks in the sentence. "At least they don't get -- "

Robb Wolf: In case of very accurate pictures that you find that -- do you hear?

Andy Deas: "At least they don't get juice or chips at our daycare, but the daycare providers are basically counselled and overseen based on food pyramid guidelines. I was out of work in 2009, home 100% and could control food for the baby and the toddler. Feeding them Paleo worked great. Now, they can just hold out or pick at food until daycare and eat crap instead of what we choose to eat/provide. I don't know if there is a solution outside of packing every bleeding meal/snack and then having them be the weird one at daycare. I am the weird one and I am okay with that, but making a kid be segregated... not so sure that is good."

“My wife and I have anorexic sisters and we don’t want our daughter, who starts kindergarten in 9 months, being neurotic if we can help it. At least in school we will be packing her food, and that just leaves the now two-year-old boy. I love Robb and his site/book/blog, and have been to one of his seminars. The kids’ element is missing somehow though when circumstances of life come in. I know our situation is not unique. We probably just have to do our best. Maybe I just need a support group because this makes me want to repeatedly head-butt a wall covered with broken glass sometimes.”

Sarah Fragoso: Oh. Okay, so my question is or my answer is not going to be a whole lot different from the last one but I think where -- I can’t remember the name here.

Andy Deas: Joel.

Sarah Fragoso: Joel. Where Joel said “We just have to do the best that we can -- we probably just have to our best,” is completely spot on, and you do just have to do your best ‘cause there’s so much in life and in parenting that’s challenging and hard, and then also he made a note or a comment about having to pack every snack and every lunch, and yeah that might be what you have to do. I know I do. I pack every bleeding meal or snack, that’s what he said.

And again, at day care, they’re not going to be the weird one. Kids are not going to pay attention. No one’s really going to care that much and so if your little one ends up grabbing you know a pretzel from another kid during the day unless like I said they have like a severe allergy or you know that they’re going to have a serious repercussion, you just kind of have to just say “You know what, I’m doing the very best I can” and just pay attention to how your kid is living. Is he healthy? Is he happy? Is he thriving?

You know, is he not sick all the time? Is he growing, is he reaching all of his milestones? Then just rest assured, that you’re doing the absolute best that you can for your child and then you know, save your stress for when their driving and you don’t know how late they’re going to be out at night, and really just focus on the fact that you’re doing everything you can to be the best parent that you can, feeding your child the best that you can and just live, just keep moving forward ‘cause it sounds like you guys are really you know thinking a lot about this which is great and doing the best that you can.

Andy Deas: Yup. Robb, they’re poking holes in your seminar.

Robb Wolf: What?

Andy Deas: I'm kidding! I'm just busting your chops. Kids are little people Robb. I'm sticking to that forever.

Robb Wolf: Oh man, I'll just -- I'll save my thoughts for offline.

Andy Deas: Throw it out there. Come on!

Robb Wolf: Oh no, no. I have an edit switch every once in awhile. I'll edit this one, it's good.

Andy Deas: All right, cool. Next Mary says "I'm so excited that the guys have decided to have a Paleo mom on the show, although honestly I think that Robb's take on kid's breastfeeding questions has been pretty spot on considering that he's not a parent yet. My question is, what is the best way to respond to a clueless daycare worker when they suggest that your kid is deprived because you don't feed them cereal in the morning. Honestly, it's so frustrating! I'm also keen to hear about school lunch ideas from my eldest so he doesn't feel deprived compared to all the other kids with their little factory packages/boxes of crap."

Sarah Fragoso: So I think I already answered the school lunch dilemma, unless you guys think I need to go any further into that. I think I've covered that bit. And to be perfectly honest with you, if I had a daycare worker question me about my choices and what I'm feeding my child, I might be looking for a different daycare, because honestly it's really none of her business what your feeding your kid for lunch in the morning, and I think there's probably a lot of moms out there who don't maybe follow Paleo nutrition, who also don't feed their kids cereal for breakfast in the morning.

So, it's kind of a weird concern that this daycare worker is having unless you know -- I can see if little Johnny comes to daycare with a black eye and you know like has a limp and says that -- or cigarette burns on his arms, I don't know why this daycare worker is even concerned. So I would put that back on her and say "Well, I understand that your really concerned maybe you could fill me in as to why or what your concerns" or just completely ignore it, or just tell her straight up "Well, you know this is -- we like to eat eggs in the morning and little Johnny is healthy and happy and fine, so if there's more to your concern that you're expressing let me know." Otherwise I would just kind of ignore it. I think it's kind of silly to be perfectly honest with you.

Andy Deas: Yeah.

Robb Wolf: Yeah, that's definitely stepping over some professional boundaries there for sure. And folks may find it hard to believe that even we as coaches in our gym, I mean we strongly recommend stuff to folks and build a pretty tight case but they would pretty much leave it be, and you know we're potentially more in the lunatic frames than what you would expect a daycare worker to be. So that's definitely a very dodgy professional line that it sounds like that individual crossed for sure.

Sarah Fragoso: Right.

Andy Deas: Cool. We're going to jump down to Kyle's questions. He says "Love your site Sarah. My family eats 95% Paleo. Wife will sneak bread..." Thanks for throwing your wife under the bus Kyle. "A huge part of our success is because of your wonderful recipes, so thank you. But we're having problems with my 17-year-old month son not wanting to eat veggies. All he ever wants to eat is meat. I know this is the worst thing in the world. But ever since we introduced meat into his diet, he stopped eating the veggies. I've tried to sneak them into his meatballs but he finds those little chunks of veggies and picks them out. Any advice? Thanks."

Sarah Fragoso: Well, you know just from this little question here, I don't know exactly what's going on in the house and it doesn't sound like you have a major problem brewing here or anything. But I definitely would not harp on your 17-month-old to eat his veggies. I think the less attention you put on it and then just like the more variety that you offer him, the more success you'll have. It could just be a phase he's going through.

I know with my now 3-year-old. He kind of has more of a balanced diet now, but in my book, I outlined like what -- between like a 12 and 18-month-olds day of eating sometimes looks like, or even like a week, or a few days worth of eating and sometimes they'll just want -- I don't know, mandarins and then they'll have mandarins in the morning and then they'll have some turkey at lunch, and then maybe they'll have some avocado in the afternoon.

But it's really hard to think that a toddler is going to sit down and eat like a -- you know a well-rounded meal every single time 'cause their not little people Andy I'm sorry, their kind of different. But here's my advice though, if you really -- you know, it's been like weeks and weeks of your child only eating meat and you're wanting to give something else a try. And again would not put like -- I wouldn't punish him for not eating his

vegetables. I wouldn't put a lot of attention on it. I would just make them available and sometimes give them -- him those as options without the other option, like as a snack.

So kids like little things they can hold on to, so little steamed trees, is what we call broccoli, so little steamed trees or little steamed cauliflower and toddlers love anything that they can dip so... I know my kids love it when I throw avocados in the food processor and some of the -- I don't know if you have a Trader Joe's but some green salsa verde from Trader Joes with it. Mix that up, it's not spicy. It just tastes really, really yummy and they can dip whatever they want to in there, they'll even dip their chicken or their -- you know their veggies, so anything that you can dip is a big hit with toddlers and then I know you said you tried to disguise the vegetables which is fine.

But I also really think that kids should like real food in its real form and I think you'll get there. It's just a matter of just being consistent and keep offering those foods, but you can also do the egg cupcakes or make a frittata and use the food processor to really grind up the vegetables so they kind of just mix in with the eggs. And then even at that age, you can have him help. Take him with you to the farmers market and let him pick out a new vegetable to try and make a deal about it, a big -- you know entrance into the house with the vegetable, take it straight to the kitchen, prepare it with him, and then I bet he'll probably try it.

So turn it into a game, don't force it, make him fun and he'll be okay. He'll come around and you know, maybe he'll go through these cycles of only wanting to eat one thing but that's all right too 'cause he'll be good, he'll survive.

Robb Wolf: Yeah. Over the long haul they're not going to be nutrient deficient and definitely little ones tend to have maybe a little bit of a heightened sense of taste and they may just be a little bit of overt to certain things, and then like Sarah said later in the game, they may roll back in. They may not eat asparagus, year 1 through 2 but then 3 through 4 they start picking it up and stuff like that, so yeah.

Sarah Fragoso: Right, exactly.

Andy Deas: All right Sarah, one more question, you got time?

Sarah Fragoso: I'm good. I'm good. Shoot.

Andy Deas: Okay. Cathy says two questions: "Have you seen changes in PMS since going Paleo? If you still have some, how do you deal with it?"

Sarah Fragoso: Oh, I drink and --

Robb Wolf: That's like yeah, the three kids to start off with.

Sarah Fragoso: Really any excuse, no. I'm kidding. Yeah, I have noticed the difference. You know I still -- I don't know, this is embarrassing. I'm like telling my brothers about PMS, geez Louise. But yeah I still get a bit moody I guess you would say, like before I'm starting my period. But I feel like I'm more aware rather than what I used to be when I was just like completely psychotic and I couldn't like step back and pinpoint why I was being psychotic. So you know I feel now since I have a little more clarity, like my head's a little clearer anyway that I kind of can see. "Okay, this is what's happen and I'm aware of it." So maybe I should go lock myself in my room for a couple of hours and then I'll be okay.

But as far as like physical symptoms are concerned, I have noticed and I've heard from other women as well who have been eating Paleo for awhile now, I no longer get bloated. I deal less with the whole acne thing. I just feel better generally. I still get cramps but it's not as bad. My cycle does not last as long. I'm a little more regular. So really it's all good stuff, so you know I think were still all women and were still hormonal at some -- you know, were still going to deal with some of those normal issues, but it's nothing over the top or outside of the realm of normal I guess I should say.

Andy Deas: Yup. Question two. "I have two teens to fill with all their changes, one boy and one girl. I need to make sure they have extra good foods. Any suggestions on Paleo foods to focus on?"

Sarah Fragoso: Well, if you're feeding your teenagers you know Paleo foods at home, I think you're focusing on the foods you need to focus on, and just offering a wide variety of food and making sure that they're healthy and just the same thing you know? If they're healthy and they're happy and you can tell that they're thriving and there's not any major issue, then I think just what you're doing is perfect and I have a teenage son and that's what I gauged how things are going on is just based on him, and he pretty much is self-sufficient at this point. He helps out a lot and he'll sit down and eat with us, so I know what he's eating here at the house and he's honest with me and he's definitely had his moments at the theater where he has binged out on popcorn, and he's had a soda and feels like crap the next day.

And at this age, they are really old enough to make their own choices outside of the house. I think it's just making sure at home that you're offering plenty of good food and a variety of good food and just you know talking about how they feel when they're eating something that isn't Paleo and just having a normal healthy life discussion with them about this sort of thing and not really putting an emphasis on any of it, rather than just -- just you know doing what you're doing. It sounds like you're doing a good job.

Andy Deas: All right. Sarah, that ends our time. What do you want to tell the listeners about when you're going to answer the rest of these questions?

Sarah Fragoso: Well, I've made an announcement on my blog and on Facebook that I'm teaming up with Chrissy Gower of Growing Up Paleo, and were starting our own podcast and it's really -- we're going to encompass just these sorts of questions and we actually recorded our first podcast on Friday night and we answered questions ranging from what kind of coconut milk you use to more serious questions like "My son has autism and I'm trying to get him off the peanut butter and jelly sandwiches."

So we're going to continue this line of questioning and address those in our podcast, and it's a lot of fun. We had a great time on Friday. I'm excited to get that posted and you should see our first podcast up on my blog Everydaypaleo.com and on Chrissy's blog Growinguppaleo.com either Thursday or Friday of this week. And you can see where to submit questions for me on my blog. There's a little podcast button to click on and you can submit questions for me and if it's anything outside of my scope of knowledge I will be taking you right back to Robb and Andy here at the Paleo Solution and yeah, that -- that's it.

Andy Deas: Cool.

Robb Wolf: Awesome, awesome.

Sarah Fragoso: Thank you.

Andy Deas: Sarah, thank you so much for bringing a woman's touch to the podcast, you know we appreciate that.

Sarah Fragoso: Oh, it's absolutely my pleasure you guys! Thank you so much and I'd love to come back any time, so yeah thanks again. It was really fun.

Andy Deas: All right, thanks guys. And with that, that is the end of episode 62. Paleo Solution. Talk to you guys next week.

Robb Wolf: Bye guys.

Sarah Fragoso: Okay, see you.