

WILL HE BE A PRIMAL BABY?

Posted on April 3, 2013 by



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For the first time since I decided to take health in my own hands three years ago (and bid adieu to doctors in the process, for the most part) I've hit a little bit of a road block. I took him to the doctor the other day for his shots, and the doctor asked me what I was feeding him. I told him I have just started introducing him to fruits and veggies. My little bundle of chubbiness turns 6 months tomorrow. So far he has been 100% breastfed and I've just started giving him bits of food here and there. So far it's been a few bites of avocado, banana, carrot and apple over the course of the last couple of weeks. It's an exciting new world for him. A world where he can try new foods and experience different textures and flavours, without any biases.

But how boring! Said he. You should be giving him *daal rice and moong daal ki khichdi*. He said I should be feeding him three solid meals a day to start the weaning process and he also said that N maybe hungry.

Start the weaning process? My baby is 6 months old and shows no signs of being ready to wean any of his feeds yet. Hungry? He is bouncy and happy (not to mention poopy and pee-ee) and is hungry 3 hours after his last feed like a clock. I must say I was rather taken aback, though I don't know why I should be. When I was pregnant and the doctor told me to eat this and that I paid no heed. When well meaning people at dinner asked me why I'm not eating the whole grains bread and why I'm attacking the butter instead I politely pointed them to my blog without thinking twice about how I may appear.

This time though for the first time I was slightly worried.

N's pediatrician is clearly a regular conventional wisdom guy and he will say regular conventional wisdom things. I've always taken doctor's advise with a pinch of salt (for the past three years). So why am I letting it bother me?

I suppose as a parent, especially the one who is wholly and solely in control of the nutrition of one that cannot speak, it feels different than when I experiment on myself. So far I have read tons of primal / paleo blogs by parents who were feeding primal babies. **I plan to give him veggies, fruits, eggs, meats, yoghurt, cheese, butter, ghee, and breastfeed for 15 months at least.** I know this cannot be wrong. I know that by giving him completely unprocessed real food, and not filling up his tummy with grains like rice and oats, I am doing the right thing.

But am I setting him up to have problems later on with digesting grains? Am I setting him up to be a picky eater? All my actions in the next few months have an impact on how he views food later on. I do so want him to love food as much as his dad and I do. I want him to put down his cutlery and gnaw on pork ribs with his hands and his heart. **Is it such a bad thing if he cannot stomach grains and sugar later on? Given that most of us can't and we just don't know it? Am I feeding him enough?**

These are just a few of the questions running through my head.

I expect I will continue with my plans and keep him away from processed food, grains and sugar for as long as I can manage. (I do plan to give him a little brown rice though in the near future.)

In 6 months I have called the doctor only a couple of times for some harmless queries and I only visited him when his vaccinations were due. (I didn't call my doctor even once during my pregnancy). I'm anything but a worrywart. But after my last visit it's plain that I'm completely on my own. I cannot consult my doctor any more when I have questions except during illness and vaccinations.

I've relied on the primal community and blogosphere more than anything these last three years, and if he is to be a completely primal baby I will have to rely on moms and dads who have been there done that now more than ever.

Until I become a mom who is an expert parent of a primal child that is.

What do you think? Have you tried inculcating healthy eating habits in your child from the very beginning? Does it work?

