

I know there were some who limited their family to specific kinds of food. I even knew one who never watched TV. By choice, they didn't even have a TV. For me and mine that wasn't how we lived.

Returning now to the German exchange student. She was an attractive blonde that my 14 year old son definitely approved of and welcomed to our home. When she asked if her parents could visit for a week, we agreed as long as she told them ahead of time that the "bed" in our guest room was a rather uncomfortable convertible sofa.

Cordelia and her parents on her 18th birthday



Soon after she arrived, she announced she was a vegetarian! A what?? The home cooking that I did do always involved meat – a good amount of meat. What on earth would I fill the plate with? Fortunately, SHE liked to cook. What a treasure! My favorite food had always been whatever somebody else made and put in front of me.

She even wanted to do her own laundry. I could have adopted her.

Cordelia was living with us as the Berlin Wall fell – the world was changing. By the time she left us, our little world had changed too. It was the beginning of paying attention to what we were eating, although we never became vegetarians.

Did I lose weight as a result of eating healthier? Actually no. First of all, the bad choices didn't disappear overnight and I learned that I was perfectly capable of eating enormous quantities of healthy food too. I was always active and never considered myself overweight. Those height/weight charts in the doctor's office allowed a 40 pound range for my height depending on body type. I just decided that the "small" frame of my 20s had now morphed into a "large" frame. However, I did develop an awareness of the obesity epidemic in its early stages.

Fortunately, I didn't add to the 25 extra pounds I was already carrying. Unfortunately, I carried it for another 20 years.

I'm sorry I wasn't more aware of nutrition when my children were young even though all three were active, fit and of normal weight. I'm old enough to remember the resistance of companies to listing the nutritional values on grocery labels, let alone posting/publicizing them at restaurants. In pre-Internet days the information wouldn't have been easy to find even if I had been so inclined.

Parents want their children to do better than they did in all areas of life. At least in this one area it will be easier for them to make the right choices now. What they have learned from me is that it's never to late to make the right choices, but the sooner the better.

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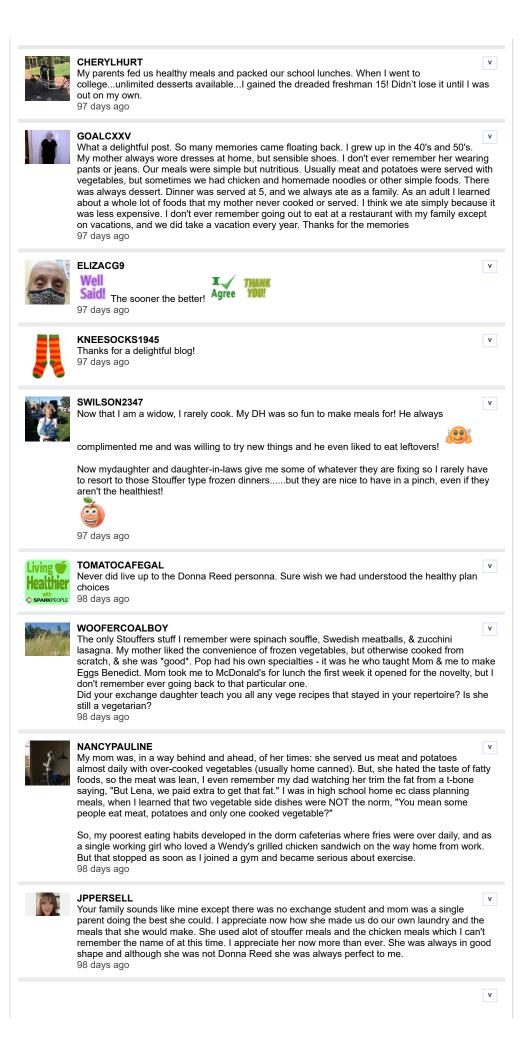
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### **Member Comments About This Blog Post**



This is one of the best blogs I've read. Congratulations! It's funny, informative and great. Hugs, Eve 91 days ago ٧





Here is to Mac 'n cheese and Micky D's! I don't apologize for loving my mac n cheese still to this day and made with real butter. I am not interested in fast food though. I favor Asian food and the spicier the better. I prefer being served too. 98 days ago



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## MARTHA324

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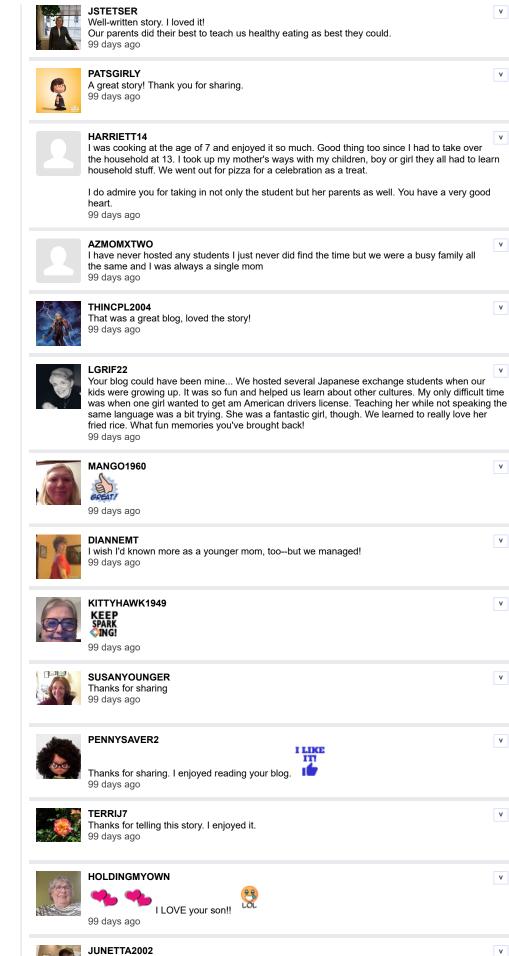
Your blogs always make me think! And this one brings to mind my embarrassment over the way my mother dressed...she was slacks and a shirt to clean the house and not a lovely dress, heels, and pearls! What a warped sense we got from those TV shows of the 50's and 60's.

We actually grew up with a pretty healthy diet although my mother was the original portion control queen which I rebelled over when I got out on my own. Looking back her way obviously made a lot of sense & now I'm a real portion control queen. It works.

Guess what really works for me is to pretty much follow Michael Pollen's advice to eat "real food, less of it, more plants." And treats are definitely welcome sometimes!

Have a wonderful day.

|                           | 98 days ago                                                                                                                                                                                                                                                                                                                                                                                   |         |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
|                           | MEADSBAY<br>I'm sorry I raised my kids on sugar cereal, hot dogs, spaghettios and Mac and cheese, too.<br>If we had known we would have done better!<br>I wanted to be like Donna Redd when I grew up.<br>08 days ago                                                                                                                                                                         | V       |
|                           | DONNALEE-53<br>Loved your blog.<br>98 days ago                                                                                                                                                                                                                                                                                                                                                | v       |
|                           | MSLZZY<br>Just a fun read. I think we all grew up and learned as we went.<br>So many changes from those days until now.<br>98 days ago                                                                                                                                                                                                                                                        | V       |
|                           | BECAUSEHELIVS<br>Enjoyed. Thanks for your memories.<br>98 days ago                                                                                                                                                                                                                                                                                                                            | v       |
|                           | BECAUSEHELIVS<br>Enjoyed. Thanks for your memories.<br>98 days ago                                                                                                                                                                                                                                                                                                                            | v       |
|                           | <b>MJZHERE</b><br>We raised our families around the same time. I only had 2 plus those who would adopt me as Mom off and on. Really enjoyed this blog - so nice to visit those memories along with you. Than you.<br>99 days ago                                                                                                                                                              | v<br>nk |
| iving <b>Spark</b> people | <b>TOMATOCAFEGAL</b><br>Salad on my nachos, or on my burger, or on my salad!<br>99 days ago                                                                                                                                                                                                                                                                                                   | V       |
|                           | <b>TOUDLES</b><br>I grew up in the 60's, and my mother regularly wore waisted cotton dresses, with flats around the house. She was not Donna Reed, more of life on a house painters salary, but she did her b to provide that post war suburban dream home. Well mannered kids and dinner on the table at every evening. That kind of reality did exist for a whole lot of us.<br>99 days ago |         |
|                           | RACHNACH<br>KEEP<br>SPARK<br>SPARK<br>99 days ago                                                                                                                                                                                                                                                                                                                                             | V       |
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Thanks for sharing 99 days ago

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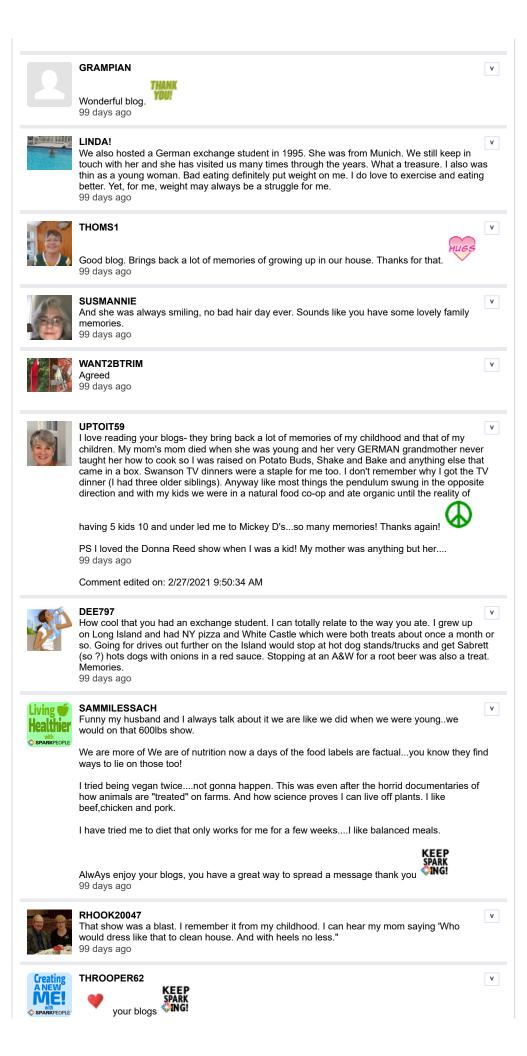
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#### ETHELMERZ

Donna Reed tv show was another fable we chuckled at, was a sit com, so you knew it was not true. Just something to pass the time. Those days were so unrealistic, Father Knows Best, Leave It To Beaver. Now, of course, they are ridiculous. 99 days ago



#### FRITZYS\_MAMA

So many of my close friends worry about being perfect moms, but yet they cook really unhealthy meals for their families. I am not nearly as strict as a mom with my discipline and rules, but yet I am super healthy with my cooking and such. So every mom is different! 99 days ago

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#### HOLLYM48

v What, you don't look like Donna Reed while doing laundry??? I thought we all dressed like that on laundry day!LOL!!! Those commercials were some of those most unrealistic things ever! We grew up with a clean your plate mentality, which was not a good one. Fast food wasn't part of my younger years, but it sure became part of my life later on, and it was good, well at the time. Now it makes me feel sick to see those commercials! Oh well, we learned at some point that eating healthy for life is vital, I know for me it was the day I joined sparks and really thought about what and how much I could eat each meal. It was a life saver in addition to a life changer! So glad we are on the spark journey together! Have a fantastic Saturday! 99 days ado



### PHATPAT18

Can you imagine cooking and cleaning in a dress and heals. Just the trips up and down the stairs would have killed me. 99 days ago



### PATTYSPENCER

I grew up in the Donna Reed era - my mother who passed away in 1982 never once wore pants - not ever a skirt and blouse - always dresses - to cook in - to clean in - to go grocery shopping in - and yes heels as well (she didn't own 1 pair of flats) 99 days ago

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