



# Raw Kids: Transitioning Children to a Raw Food Diet

*Cheryl L. Stoycoff, Solomae Sananda*

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**Raw Kids: Transitioning Children to a Raw Food Diet** Cheryl L. Stoycoff, Solomae Sananda

Raw Kids provides inspiration, guidance, practical tips and resources for anyone wishing to improve their child's diet. Whether your goal is to transition your child to a 100% raw food vegetarian diet or, simply to incorporate more fresh fruits and vegetables into your child's diet, you will find Raw Kids a valuable resource. Raw Kids helps parents understand the process and implement the changes necessary for a successful transition.

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