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I'm Loving The Egg White Delight McMuffin!

By Divabetic



Mr. Divabetic

The happy healthcare host, **Mr. Divabetic** rolled out the red tomato carpet at the new Egg White Delight McMuffin event launch in New York, NY. He spoke to US Olympic Gold Medalist, Gabby Douglas, her mother, Natalie

Hawkins and Sharon Richter, RD about healthy eating and everyday beauty secrets.

The new Egg White Delight McMuffin features freshly grilled 100% egg whites, extra lean Canadian Bacon and white cheddar on a new muffin made with 8 grams of whole grain.

“It’s surprisingly satisfying,” said Mr. Divabetic between bites. “Honestly, I didn’t think it would have that much flavor but I can honestly say you’re not

compromising taste with this new healthy menu offering.”



Sharon Richter RD and Mr Divabetic

Sharon Richter, RD who works closely with Wellness in Schools (WITS) and the Challenged Athletes Foundation recommends adding a little fruit to your morning yogurt or oatmeal as an easy way to add more fruits and

vegetables into your diet.

Gabrielle Douglas is the first African-American woman to win an Olympic Gold medal as the All-Around Individual Champion. Good health appears to be all in the family at the Douglas home. Her mother, **Natalie Hawkins**, who was at her side during the event, lost 18 pounds recently by changing her eating habits. She recommends to other parents to make time for themselves while raising their families so that they can maintain a healthy lifestyle. #McDNYTristate

Gabrielle Douglas with Mr. Divabetic at the Egg White Delight McMuffin Launch

<http://youtu.be/qF9Tp2187y0>

LISTEN NOW: Diabetes Roundtable podcast Inspired by **Kathie Lee Gifford** and **Hoda Kotb** featuring news on *divas, drinking and diabetes* <http://www.blogtalkradio.com/divatalkradio1/2013/04/09/diabetes-roundtable-inspired-by-kathie-lee-and-hoda>

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