



eating donuts – not only grease wise but calories. Shapiro debunked the myth. A 9-ounce fat-free, sugar-free muffin has 720 calories. To put that in picture perspective, on the adjacent page, Shapiro showed what one could eat in healthier, more filling choices – a total of one two-pound pineapple, one pound of cantaloupe, 1.5 ounces of kiwi fruit, five ounces of papaya and the same amount of grapes plus 6.5 ounces of pears and 2.5 ounces of wheat rolls.

Shapiro also pointed out the benefits of eating more complex carbohydrates and eating more “mindfully”, particularly when eating out. He encouraged readers to eat “with awareness, not denial.” By having oatmeal for breakfast, I’m only tempted to have one brownie later in the day!