

# Food For Thought

## Quick And Sensible Breakfasts

(NAPSA)—Americans are waking up to the benefits of a better-for-you breakfast—and with good reason.

According to the Mayo Clinic, breakfast doesn't just jump-start your day, it can also lay the foundation for a number of healthy habits. The clinic says people who eat a healthy breakfast are more likely to consume more vitamins and minerals and less fat and cholesterol. Additionally, they are less likely to have problems with weight.

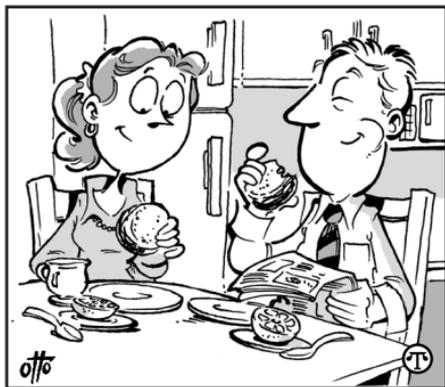
But Americans tend to have hectic mornings and many report not having time for breakfast. Fortunately, there are some quick ways to fuel up before you head out for the day.

For instance, Jimmy Dean D-lights are a line of "better-for-you" frozen breakfast sandwiches. Available in three flavors—Turkey Sausage, Canadian Bacon and Black Forest Ham—they have one-third fewer calories and half the fat of the leading breakfast sandwich.

Each package contains four sandwiches made from high-quality ingredients:

- Turkey Sausage D-lights contains turkey sausage, egg white and cheese on a whole grain muffin.

- Canadian Bacon D-lights contains Canadian bacon, egg white and cheese on a honey wheat muffin.



**Eye-Opener—**There are some quick ways to grab a "better-for-you" breakfast every day.

- Black Forest Ham D-lights contains Black Forest ham, egg white and Swiss cheese on a whole grain muffin.

The sandwiches can be heated up quickly and are great for sit-down breakfasts or quick meals on the run.

Looking for one more reason to feed your family breakfast? It could help kids make the grade.

According to the American Dietetic Association, when children and teens eat a healthy breakfast every day, they are less likely to miss days of school and more likely to have better concentration, problem-solving skills and eye-hand coordination. Additionally, they might also be more alert and creative.

For more information, visit [www.jimmydean.com](http://www.jimmydean.com).