

Survey Says: Still No Excuse for Skipping Breakfast

(NAPSA)—Here's some eye-opening news about nutrition. Studies from across the globe reveal the benefits of eating breakfast and its link to good nutrition, increased metabolism, and improved grades and behavior among children. Yet Americans continue to find reasons to skip it.

Depending on age, surveys report anywhere from 25 percent to nearly 50 percent of the population does not eat breakfast on a consistent basis. Lack of time is often listed as the number-one reason why.

There's a misconception that preparing a nutritious breakfast has to be a time-consuming process, according to Philip Jones, president of Jones Dairy Farm. From sausage and eggs to pancakes and cereal, breakfast food manufacturers have realized the importance of catering to time-starved consumers by providing portable and quick micro-usable options for breakfast.

Whether it's shopping for convenience food items or setting the table the night before, Jones believes good preparation is an essential ingredient in making sure people eat a better breakfast.

"Focus on buying food items that are ready-to-eat or take minimal time to prepare," advises Jones. "For those occasions that you're running late, select an item you can eat on the go, like a breakfast sandwich or burrito. If you use your imagination, you'll never have to leave home having skipped breakfast."

Jones suggests a number of quick and nutritious breakfast items including ready-to-eat cereals and breakfast meats, fresh fruit, milk, yogurt and cheese.

He also offers the following simple recipe for people with limited time in the morning. Additional breakfast recipes are available at www.jonesdairyfarm.com.



The meal typically cited as the most important of the day? It's breakfast, of course.

**Quick Breakfast Muffin
Sandwiches**
Prep/Cook Time:
less than 10 minutes
Serves: 4

- 4 Jones Golden Brown
precooked sausage patties
or**
- 8 slices of Jones Canadian
bacon**
- 2 tablespoons butter**
- 4 large eggs**
- 4 English muffins, split,
toasted**
- 4 tablespoons cream cheese**
**Chopped fresh chives or
green onion (optional)**

Heat sausage or Canadian bacon according to package directions. Meanwhile, melt butter in a large skillet over medium heat. Carefully crack eggs into hot butter in skillet. Cover; cook 3 minutes or until eggs are set with soft centers or longer to desired doneness. Spread cut sides of toasted muffins with cream cheese. Place sausage patties or Canadian bacon slices over bottoms of muffins; top with eggs, muffin tops and, if desired, chives or green onion.