

On The Roll



Healthy Food Options

(NAPSA)—Americans may love to chew the fat, but these days many people are looking to trim the fat as well.

That's because more than 65 million people in this country are considered obese, and weight-related health problems, such as high blood pressure and type II diabetes, are on the rise.



Lean, low-sodium deli meats can be a terrific part of just about any weight-loss program.

Fortunately, there are certain foods that are easy to incorporate into a healthy weight-loss program, no matter whether you're counting calories or just cutting carbs. One example is lean deli meat from Dietz & Watson.

More than 50 of the company's varieties exceed USDA/FDA guidelines for healthy food, and they provide a high-protein/low-carbohydrate benefit for people following such programs as Atkins and South Beach. In addition, these meats are low in sodium, making them "heart smart" as well.

Dietz & Watson premium deli meats can be found in supermarkets and delicatessens in 42 states. To learn more, visit the Web site at www.dietzandwatson.com.