



A Message From Chef Mike

Welcome to the very first issue of our new monthly newsletter, *The Service Foods Gourmet Kitchen!* My name is Chef Mike and I'm the executive chef here at Service Foods.

Each month I'll be coming to you with new recipes and fresh insight on how to make delicious, healthy meals for your family.

You'll also find important consumer information and tips you can use around your kitchen and your home to help make your family safe, comfortable, and happy.

If you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at chefmike@servicefoods.com.

Have a great September, enjoy the newsletter, and thanks so much for your business.

Service Foods Recipe Of The Month - Lemon Lime Chicken with Mango Salsa

This is a fun, quick 'n easy dish that's super-tasty too. If you're looking for a fresh recipe to spice up boneless chicken breasts, you will love this. Try it tonight, then send me an email and let me know how it goes!

Serves 2

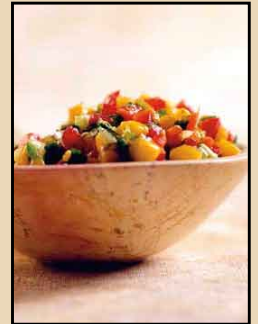
- 2 Service Foods Lemon Chicken breasts, thawed
- ½ lime, zest and juice combined
- 1 tablespoon honey
- 1 tablespoon white wine (such as Sauvignon Blanc)

Mango Salsa

- 1 cup jarred mango segments, diced medium
- 1 naval orange, peeled and diced medium
- ½ lime, juice only
- 1 tablespoon fresh cilantro, chopped fine

Combine all salsa ingredients and refrigerate for one hour (or overnight).

1. Heat your grill for 10 minutes on high. In the meantime, combine the lime zest, lime juice, honey and wine in a bowl and whisk well to combine.
2. Grill the lemon chicken for 3 minutes per side or until just done. Reduce the heat on the grill to low and baste the chicken with the lime honey glaze. Remove the chicken breast to the serving plates and garnish with the mango salsa.



Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at www.ServiceFoods.com!



"Do they come with free tech support?"

Good Dental Hygiene May Reduce Cancer Risk

A new study by researchers at the Harvard School of Public Health and Dana-Farber Cancer Institute found that periodontal disease was associated with an increased risk of pancreatic cancer, the fourth leading cause of cancer death in America. Men with periodontal disease, which is caused by bacterial infection and inflammation of the gums, had a 63 percent higher risk of developing pancreatic cancer.

The best way to prevent periodontal disease? According to the American

Dental Association, **the key is twice daily tooth brushing, daily flossing, a balanced diet, and dental appointments at least once a year.**



Welcome To New Clients!

Here are some of our new clients who became members of my Service Foods family this past month. I'd like to welcome you and wish you all the best:

Erik & Katie Brannon; Mike & Angela Brewington; **Dale Brown;** Dave & Sharon Burdette, Jr.; **Michael & Connie Burke;** Clyde & Gloria Carter, Sr.; **Juan Casas;** Wayne Gaskin; **Vince & Stace Huff, V.;** Arlin & Sheri Johnson; **Chris & Tasha Kasselder;** Jason & Amy Knopp; **Keith & Nancy Lyles;** Tim & Rhonda Mariner; **John & Tracie Martin;** Rick & Joann McClain; **Bob & Christy Montes;** Al & Andrea Norton; **Carl & Lisa Perry;** Cheryl Soback; **Christopher & Shannon Theus;** Clint & Lorraine Wade; **Kisha Wesley;** Joan Western; **Buck & Mary Yarber.**

Welcome!

News! Service Foods Launches New Website With Video Cooking Demonstrations!

Come watch me prepare this month's recipe of the month! Each month I'll do a video demonstration of a gourmet dish your family is sure to love. Watch me prepare this month's delicious creation at www.ServiceFoods.com.



Flaxseed Slows Prostate Tumors, Study Finds



Flaxseed halted prostate-tumor growth in a recent Duke University Medical Center study. Flaxseed is edible and rich in omega-3 fatty acids and fiber-related compounds known as lignans. Researchers believe the seed possibly interrupts that chain of events that allows cells to divide irregularly and become cancerous.

In the study, researchers looked at men who were about to undergo surgical

treatment for prostate cancer. For 30 days prior to surgery the men took 30 grams of flaxseed daily. The tumors revealed how the cells had multiplied. Some men took flaxseed alone, some men took flaxseed in conjunction with a low-fat diet, some men followed a low-fat diet only and took no flaxseed, and some men did nothing and served as a control group.

Researchers found that men in the two groups who took flaxseed had the slowest tumor growth, proving that **the flaxseed affected tumor growth rather than the low-fat diet.** Each group included 40 participants who ate ground flaxseed (the coating on whole flaxseed is not digestible) sprinkled in drinks and on food. **One out of six American men will develop prostate cancer, according to the American Cancer Society.**

September Trivia Question

Are you ready for some football?! According to the National Football League Players Association, **what is the average annual salary and length of career for most professional football players?**

- 1) \$950,000/four seasons
- 2) \$1.1 million/three and a half seasons
- 3) \$2.3 million/seven seasons

The first correct answer emailed to me at chefmike@servicefoods.com wins one of our country style apple pies!



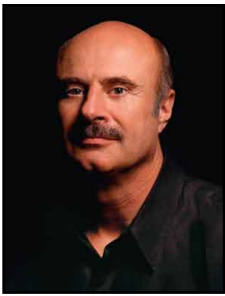
Hidden Sugar

According to the University of Georgia Cooperative Extension Service, **the average American consumes more than 32 teaspoons of added sugar each day.** Much of that comes from soda, cakes, and candy, but a surprising number of packaged foods contain added sugars as well. For example, an 8-ounce carton of fat-free fruit yogurt has almost nine teaspoons of sugar.



Check the label — and then divide by four. That's because ingredient labels show the amount of sugar in grams, and four grams of sugar equal one teaspoon. So a soda containing 40 grams of sugar contains 10 teaspoons of sugar! (Four is also useful in determining how many calories come from sugar, because each gram of sugar equals four calories, or 16 for a teaspoon.)

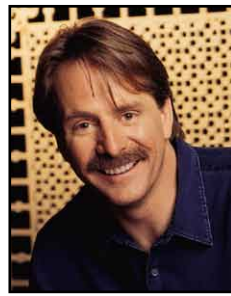
The U.S. Department of Agriculture recommends eating no more than 10 teaspoons of sugar a day.



Dr. Phil McGraw



Faith Hill



Jeff Foxworthy



Beyonce Knowles

September Celebrity Birthdays

Dr. Phil McGraw, psychologist
Terry Bradshaw, football player
Beyonce Knowles, singer
Bob Newhart, comedian
Jeff Foxworthy, comedian
Adam Sandler, actor
Arnold Palmer, golfer
David Copperfield, magician
Lance Armstrong, cyclist
Faith Hill, country singer
Gwyneth Paltrow, actress

Vinita, OK
Shreveport, LA
Houston, Texas
Chicago, IL
Atlanta, GA
Brooklyn, NY
Latrobe, PA
Metuchen, NJ
Plano, TX
Jackson, MS
Los Angeles, CA

Sept. 1, 1950
Sept. 2, 1948
Sept. 4, 1981
Sept. 5, 1929
Sept. 6, 1958
Sept. 9, 1966
Sept. 10, 1929
Sept. 16, 1956
Sept. 18, 1971
Sept. 21, 1967
Sept. 28, 1973

Is It Time To Reorder?

Is it time to restock on our succulent, aged-to-perfection steaks, tender pork, flaky fish, and juicy chicken? No supermarket food can compare! Remember to ask Adam about this month's reorder specials! You can reach Adam at **800-750-7239 ext 300** or reorder online at **www.ServiceFoods.com**!



The Service Foods Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. **[A heartfelt thank you to:](#)**

Ken and Star Adams of Kennesaw for referring Mike and Angela Brewington, **Lee and Jen Frady** of Waleska for referring Erik and Katie Brannon, **Harold and Nicole Kinsey** of Newnan for referring Clint and Loraine Wade, **Andy and Ursula Cook** of Smyrna for referring Vince and Stace Huff, **Rob and Deb Singleton** of Thomaston for referring Carl and Lisa Perry, **Wally and Leslie Wallace** of Stockbridge for referring Chris and Tasha Kesselder, **Rob and Rosemary Nelson** of The Rock for referring Joanie Western, **Allen and Patty Ivers** of Jonesboro for referring Rob and Christy Montes, **Glenn and Tammy Sadler** of Sharpsburg for referring Keith and Nancy Lyles.

If you know someone who could benefit from our service, please let them know about us!

For each referral that joins the Service Foods family, **[you'll receive a \\$100 credit and the free dessert of your choice](#)** on your next reorder! **I hope you'll consider referring us not just for the reward but because you believe we provide better, healthier food.** To refer a friend, simply go to **www.ServiceFoods.com** and fill out the easy referral form. We'll take special care of your friends and even give them a **surprise gift from you!** Thank you in advance for your support!

Food Containing Melatonin May Help Delay Aging

If you're worried about aging, perhaps a little **corn on the cob**, followed by a bowl full of **cherries**, and topped off with a glass of **red wine** might be in order. Why? Because all of these foods contain melatonin and recent studies indicate the substance may be the long sought after "**fountain of youth**". Melatonin, a substance that helps neutralize oxidative damage and delays neurodegenerative processes, might have a hand in putting off old age, according to a University of Granada study.

In the study, 5-month-old mice, which are the human age equivalent of 30-year-olds, were used. This is the age where mice start to show signs of aging, due to an increase in free radicals (oxygen and nitrogen), which cause inflammation. This "oxidative stress" can cause cell membranes to become more fragile, making them easier to break and damage. The mice then received melatonin in small amounts. **The melatonin not only neutralized the damages but also delayed the negative effects of aging in the mice.** Researchers believe that daily intake of melatonin by humans beginning at the age of 30 could prevent or at least delay some of the negative consequences of aging, such as neurodegenerative disorders (e.g. Parkinson's disease) and other illnesses such as diabetes. More research is being done in the hope of developing a supplement containing enough melatonin to positively affect the aging process.

In the meantime, melatonin can be found naturally in small amounts in **certain fruits and vegetables** like cherries, bananas and onions; in cereals such as corn, oats and rice; and in aromatic plants such as mint, lemon verbena, sage or thyme; and last but not least in red wine.



Mark Your Calendar

Patriot Day Sept. 11

Commemorates the day Americans were killed during the terrorist attacks of 2001.



Fall Begins Sept. 23

The autumnal equinox occurs, ushering in the new season.

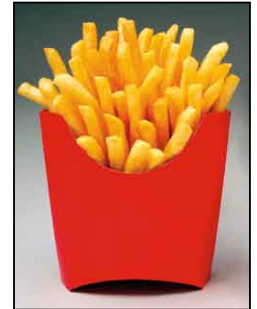


Scientists Surprised By Swiftness, Severity Of Fast-Food Diet Damages

After only **four weeks** on a high-fat food and high-fructose-corn-syrup diet, mice suffered from fatty liver disease. Fatty liver disease can lead to cirrhosis and, ultimately, death. St. Louis University researchers said they expected to see some evidence of damage but were surprised at the severity of the damage and how quickly it occurred. The mice were also kept sedentary, being allowed very little movement.



The diet consisted of **40 percent fat and enough high-fructose corn syrup** (a sweetener commonly found in many soda and fruit-juice drinks) that would translate into about eight cans of soda per day in a human diet. The fat content is about what would be found in the average fast-food meal. Researchers say the lesson is clear: **A high-fat and high-sugar diet combined with inactivity can spell trouble for the liver and other vital organs.**



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- ◆ Delay Aging With These Foods...
- ◆ Why Brushing Your Teeth May Reduce Cancer Risk
- ◆ Service Foods Recipe Of The Month - Lemon Lime Chicken with Mango Salsa

Inside this month's issue:



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