



## A Message From Chef Mike

Happy New Year and welcome to the January 2008 issue of *The Service Foods Gourmet Kitchen!* I certainly hope you had a joyous and safe New Year's celebration. Did you overeat during the holidays like I did? If so, let's make a resolution to

start fresh and make 2008 our healthiest yet! That means becoming more active, getting restful sleep, and of course,

eating healthy, nutritious food.

Service Foods is committed to providing you with the finest food available, free from hormones, fillers, and other additives. So if you want to serve your family the best, you're in the right place!

As always, if you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at [ChefMike@ServiceFoods.com](mailto:ChefMike@ServiceFoods.com). Happy 2008, have a fantastic January, and thank you again for your business.

## Southern Foods Recipe Of The Month - Poached Alaskan Halibut In Tomato Basil Sauce

### Serves 2

- 2 Alaskan halibut fillets, skinless
- 1 tablespoon olive oil
- 1 tablespoon shallots, diced
- ¼ cup dry white wine
- 1 cup (8 oz. bottle) clam juice
- 1 bunch fresh basil, stems removed and chopped med.
- 1 ripe tomato, seeds removed and chopped
- 1 tablespoon butter
- Salt and pepper to taste



Poaching Alaskan halibut will produce a flavorful fillet that is tender and very moist. Try this recipe and then shoot me an email and let me know if you enjoy it as much as I do.

1. Heat a large skillet over med-high heat for one minute. Add the oil to the hot pan and swirl to coat. Add the shallots and sauté for one minute. Add the wine and clam juice.

Place the fillets into the skillet. If liquid does not cover the fillet, add just enough water to cover the halibut. Place the skillet over med-high heat until liquid starts to boil. Reduce the heat to LOW so the liquid is barely showing signs of boiling. Do not cover.

2. Poach for 8 minutes per ½ inch of thickness. Remove the halibut and place on serving plates. Turn the heat to high and add the fresh basil to the pan. Boil the poaching liquid in the skillet until reduced by 2/3rds. Remove the skillet from the heat, add the butter and chopped tomatoes. Stir until butter is melted and season to taste with salt and pepper. Pour equal amounts of the sauce over the fillets and serve immediately.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at [www.ServiceFoods.com](http://www.ServiceFoods.com)!



"Due to the space-age materials used in making this model, this one collects less dust than other exercise equipment."

## Super Bowl Party? Bring On The Guacamole!

Hosting a Super Bowl party? Make sure and bring on the guacamole! Researchers at The Ohio State University have found that **extracts from avocado appear to thwart oral cancer cells**, killing some and preventing some from progressing into actual cancers. The extracts came from Haas avocados, the kind that have the blackish-purplish skins and are widely available in most supermarkets.

Lead author of the study, Steven Ambrosio, said that **avocados are full of beneficial antioxidants and**

**phytonutrients, such as vitamin C, folate, vitamin E, fiber and unsaturated fats.** Other good news about avocados is they are sodium free, contain no trans fats, and are low in saturated fat, making them healthy for just about everyone.



## 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:

**Barbarito & Amanda Anaya;**  
Victoria Ayeni; **Eric & Liz Boyd;**  
Donald & Charmaine Bristol, Jr.;  
**Steven Kathy Byrd;** Jan Denmark;  
**Mike & Michelle Fitzsimmons;**  
Perry & Varrie Frison, Sr.; **Rick & Tracy Green;** Gail Jones; **Jim & Sue Martin;** Ross & Jennifer Mitchell;  
**Melvin & Martel Moon, Sr.;** Dave & Jeri Moran; **Scott & Belinda Musen;**  
David & Sharon Pulliam, Jr.; **Rock & Sy Rivers;** Danny & Carolyn Rogers;  
**Tate & Ashley Satterfield;** James Scott; **Derrick & Greta Sorrow, Jr.;**  
Willie & Patches Staples, II; **Willie Thompson;** Ed & Judi Walker;  
**Charles & Maurissa Wheaton;**  
Bryan & Billi Jo Wright.

Welcome!

## Just Your Cup of Tea

Health experts have long held that tea lowers the risk of heart disease, stroke, and possibly some cancers. Now British researchers at the University College London are saying that



**tea lowers stress.** In a study, half the participants drank four cups of black tea a day; the other half drank similarly tasting tea but without active tea ingredients. After six weeks, **the real tea drinkers had lower levels of the stress hormone** cortisol than the ones who had been drinking the placebo tea. High levels of cortisol can weaken the immune system, increase blood pressure, and lead to unwanted fat storage in the abdomen.

## Congratulations To The Winner Of Our December Trivia Question!

Congratulations to **Lisa Mclean of Marietta, Georgia** for submitting the first correct answer to last month's trivia question... How many years does it take for most Christmas trees to grow to an average retail sales height of six feet?

- 1) 2-5 years
- 2) 6-9 years
- 3) 10-13 years

The correct answer was #2, 6-9 years. Now how about you? Care to give this month's trivia question a try?



## January Trivia Challenge

What American institution opened its first location in the Soviet Union on January 31st, 1990?

- 1) WalMart
- 2) Kentucky Fried Chicken
- 3) McDonald's
- 4) Taco Bell
- 5) The Gap

The first correct answer emailed to me at [chefmike@servicefoods.com](mailto:chefmike@servicefoods.com) wins one of our world-famous French Silk Pies!



## Improve Your Health With These Resolutions

Want to improve your health this year? Dr. Donnica Moore offers these healthy resolutions for the New Year. See how many you can incorporate and watch how much better you'll feel when those unwanted holiday pounds melt away!

- I will give myself and my family the gift of a healthier lifestyle this year.
- I will give myself the gift of a healthy breakfast each day.
- I will give myself the gift of stopping my unhealthy behaviors (smoking, etc.).
- I will take time to relax and unwind.
- I will increase my water intake.
- I will take my necessary vitamins and supplements.
- I will practice proper dental hygiene.
- I will have my annual physical exam.
- I will practice monthly self exams.
- I will increase my daily activity and enjoy it!





Mary Lou Retton



Jack Nicklaus



Oprah Winfrey



Naomi Judd

## January Celebrity Birthdays

<b>Diane Keaton, actress</b>	<b>Los Angeles, CA</b>	<b>Jan. 5, 1946</b>
<b>Katie Couric, news anchor</b>	<b>Arlington, VA</b>	<b>Jan. 7, 1957</b>
<b>Naomi Judd, singer</b>	<b>Ashland, KY</b>	<b>Jan. 11, 1946</b>
<b>Dolly Parton, singer</b>	<b>Sevierville, TN</b>	<b>Jan. 19, 1946</b>
<b>Jack Nicklaus, champion golfer</b>	<b>Columbus, OH</b>	<b>Jan. 21, 1940</b>
<b>Mary Lou Retton, Olympic Gymnast</b>	<b>Fairmont, WV</b>	<b>Jan. 24, 1968</b>
<b>Alicia Keys, singer</b>	<b>Harlem, NY</b>	<b>Jan. 25, 1981</b>
<b>Oprah Winfrey, TV host</b>	<b>Kosciusko, MS</b>	<b>Jan. 29, 1954</b>

## Dangerous Lead Levels Found In Ceramics, Pottery

The U.S. Product Safety Commission says many ceramic products are finished with glazes that often contain lead (which gives them their rich color and shine). If the glazes are properly fired, the final product is usually safe. **If the glaze isn't sealed at a high enough temperature, the lead can leach out.** According to a University of

Cincinnati environmental health authority, this is especially dangerous if the ceramic is a food-related item, like a dish or pitcher, where the lead can contaminate your food or drink.

If you are concerned about your pottery or ceramics, buy a home lead-test kit, commonly available for under \$15.

## 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:](#)

- **William & Dawn Walker** of Snellville for referring **BOTH** Victoria Ayeni of Winder and Donald & Charmaine Bristol
- **LTC Darryl & Markgetta Langford** of Fayetteville for referring Perry & Varrie Frison
- **Patrick & Marsha Ennis** of Kennesaw for referring Steven Byrd and Mary Byrd
- **Jeffrey & Sinead Stampfli** of Flowery Branch for referring Michael & Michelle Fitzsimmons
- **Shaun & Jean Rawls** of Atlanta for referring David & Jerri Moran
- **Jesse Gunnin & Crystal Humber** of White for referring Zachary & Ashley Satterfield
- **LTC Timothy & Rhonda Mariner** of Peachtree City for referring James Scott
- **Victoria Ayeni** of Winder for referring Melvin Moon and Martel Moon
- **James & Wanda Claxton** of Watkinsville for referring Danny & Carolyn Rogers.

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](http://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!

## Sneaky Sodium

The American Heart Association says **the average adult should eat no more than 2,300 milligrams of sodium (the amount in one teaspoon of salt)** each day, but adds that most



Americans are eating two to three times that amount. Look how much sodium is typically contained in these popular condiments. Opt for the low-sodium or salt-free versions of these common foods, particularly if you're over 50, have high blood pressure, or are African American:

Teriyaki sauce, 2 TBS = **1,380 mgs**

Soy sauce, 1 TBS = **1,005 mgs**

Dill pickle, 1 medium = **840 mgs**

Ketchup, 2 TBS = **350 mgs**

Barbecue sauce, 2 TBS = **300 mgs**

## Grapefruit Can Lower Cholesterol

According to a recent study published by the American Chemical Society's Journal of Agriculture and Food Chemistry, **a grapefruit a day can significantly reduce cholesterol.** Researchers also discovered that red grapefruit is even more beneficial than white grapefruit, likely because the red variety has more antioxidants. A full serving of grapefruit is defined as either a cup of fresh fruit or half a cup of grapefruit juice. People taking prescription medications should consult with their doctor before consuming grapefruit since it may interfere with some drugs.



## Mark Your Calendar



### Martin Luther King Jr. Day Jan. 21

To honor the birthday (Jan. 15) of Dr. Martin Luther King Jr., the civil rights leader and advocate of social change through non-violence.

## Defining Fat

It's important to understand fat-related information on food labels. Here are the government's definitions for three common categories:

**Fat-free** — less than half a gram of fat per serving.

**Low fat** — Three grams of fat or less per serving.

**Reduced fat** — At least 25 percent less fat than its full-fat counterpart.

## How To Kick 2008 Off The Right Way!

What better way to start off the New Year than to replenish your stock of our healthy and delicious steaks, chops, and filets? Of course, Adam has a special gift for you to enjoy with your next reorder! Call him today and he'll give you the full scoop.



### Three Easy Way To Place Your Order:

- Call Adam at **800-750-7239 ext. 300**
- Order Online at **www.ServiceFoods.com**
- Email Adam at **Service@ServiceFoods.com**

## Wrapping Paper Sales



After the holidays, many **retailers slash their prices on wrapping paper, making January the best time of year to stock up.** Consumer experts recommend choosing solid colors or patterns that can be used year round.

Inside this month's issue:

- ◆ **Recipe Of The Month - Poached Alaska Halibut**
- ◆ **Lower Your Cholesterol With This Fruit**
- ◆ **Dangerous Lead Levels Found In Ceramics**

*The Newsletter For Healthy Living*



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