

HEALTHY LIVING

Service Foods'
Monthly Newsletter



A Message From Chef Mike



Hello and happy holidays! Welcome to the December edition of the Service Foods' Healthy Living newsletter!

This is the month we look forward to all year long. With gift-giving, kids off from school, and the spirit of the season in every home, December is the perfect month to gather around the table and enjoy family and friends.

In this issue of Healthy Living, Karen will discuss how to control arthritis with your diet. Because this is holiday party season, Dana will reveal her secrets on how not to overindulge when attending holiday soirees. Our goal, as always, is to help you enjoy life, while eating well, staying healthy, and being fit.

If you have thoughts, comments, or feedback for me on this newsletter, my recipes, or anything else, please email me at ChefMike@ServiceFoods.com. Have a great December, and thank you for your business.

Chef Mike

How to Party Right This Holiday Season

Dana Yarn, RDLD

It's officially the holiday season and your calendar is full of events: cookie baking and decorating with your kids and holiday parties. Of course you want to have friends and family over for your holiday party and cook and bake your favorite holiday recipes.

Isn't it nice to know that friends and family want to celebrate the holidays in your presence? The seasonal seven pounds that we typically put on between Thanksgiving and New Year's Day are not so nice. Those pounds are usually put on with the abundance of food and leftovers from holiday parties. Luckily, there is a way to enjoy these gatherings and maintain your weight through the holiday season.

Do not skip meals or starve yourself the day of the party to "save calories," because you know you are going to overeat at the party. By skimping on meals, you are setting yourself up for failure – cravings will be at an all time high and willpower will be at an all time low. You could end up consuming thousands of extra calories due to lack of self control.

Always eat a healthy breakfast and lunch and make sure to have a light snack right before the party, such as fruit, raw nuts or a protein shake. This will keep you from heading straight to the appetizer table. If you are not sure you will have anything healthy to munch on at the party, bring your own veggie or fruit tray with hummus or low fat yogurt dipping sauce.

Alcohol consumption also increases during this time of year. Alternate your cocktail, beer or wine with a glass of water; this will help you avoid excess empty alcohol calories and the infamous post-party headache the next morning. A 1 fl. oz. shot of liquor, 4oz. glass of wine and light beer are approximately 90 calories each, so keep in mind that 5 or 6 drinks can add up quickly!

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Are You Using Your Referral Credits?

We hope you are, because there're lots of ways to do so! If you have a friend or neighbor who you think may benefit from our service, you'll be rewarded with referral credits, which you can use in any of these ways:

1. For each referral that joins our service, receive a \$100 credit towards your next reorder and a free dessert of your choice.
2. Use your \$100 credit immediately and apply it toward your existing monthly invoice! No need to wait until your next reorder!
3. Save up to 12 referral credits between reorder cycles and your next reorder is 100% FREE, regardless of size! (*reorder must be approximately the same size as your previous orders).

To refer a friend, please call 770.448.5300 or simply fill out the easy referral form at www.ServiceFoods.com/refer. Or you can send me an email to ChefMike@ServiceFoods.com. We'll take special care of your friends and even give them a surprise gift from you. Thank you for your support!

Recipe Of The Month

Pork Tenderloin with Cranberry Sausage Stuffing

Serves 6

- 2 Pork Tenderloins, thawed
 - 2 Tablespoons of olive oil, separated
 - 1 Pound of pork sausage, removed from casing
 - 2 Tablespoons of shallots, diced fine
 - 2 Tablespoons of dried cranberries
 - 1 Cup of beef broth
 - 6 slices of white bread
1. Insert a long thin knife into each end of the pork tenderloin to make a cavity all the way through. Do not cut through the sides.
 2. Heat a large skillet over medium high heat for one minute. Add the oil and sausage and sauté until browned.
 3. Add the shallots and cranberries and sauté for one minute.
 4. Transfer the hot ingredients to a 16X9 inch baking pan and add the beef broth. Place the bread into the pan and press it down into the beef broth/sausage mixture. Place uncovered into a 350 degree oven for 20 minutes.

5. Let the stuffing cool for 10 minutes before placing into a food processor. Pulse the chopping blade for three bursts.
6. Place the stuffing into a large zip lock bag and cut one of the corners off. "Pipe" the stuffing into the pork tenderloin until completely filled.
7. Bake the pork tenderloins on a sheet pan for 40 minutes at 400 degrees. Let them rest for 20 minutes before slicing.

Check out a video demonstration of me preparing this delectable recipe at www.ServiceFoods.com!

Bon appétit! Chef Mike



Body Types

Kim Kantor, Ms. Fitness Southeast

Knowing your true body type can help you eat and train appropriately. Below are three of the most common types of bodies and the characteristics of each.

Endomorph:

Usually puts on muscle easily and retains it for long periods of time, but typically stores larger amounts of body fat. In restricted caloric conditions, these types can retain muscle better. The problem for endomorphs is having trouble taking off the last little bit of fat. Endomorphs almost always have sensitivity to carbohydrates, although this does diminish with the addition of more muscle and proper dieting.

Classic celeb types that have this shape include Drew Barrymore, Kate Winslet, Jennifer Lopez, and Britney Spears.

Mesomorph:

Normally maintains a muscular build with little body fat. Generally gains muscle easily, retains muscle well, and has a fast metabolism. Can eat



almost anything and still lose fat and gain muscle. It is not uncommon to see a mesomorph diet only four to six weeks in preparation for a figure or bodybuilding competition. It is estimated that pure mesomorphs make up only about 1-2% of the population.

Hollywood mesomorphs include Jessica Simpson, (when she's not dieting really hard), Jessica Alba, Alyssa Milano, Madonna and Will Smith.

Ectomorph:

This body type has smaller muscularity and little body fat. Has trouble filling out and often looks ripped, but with little sweep to the muscle. Has a bony structure. Ectomorphs may build some muscle density, but they will still appear long and lanky. On the positive side, ectomorphs can take in a large amount of carbohydrates and still have low insulin sensitivity, unless they create sensitivity themselves through a prolonged poor diet.

Typical examples of these individuals include Selma Blair, Eva Longoria, Calista Flockhart and Gwyneth Paltrow.

If you have a fitness-related question, please email me at fitness@SouthernFoodsAtHome.com.

Arthritis and Your Diet

Karen DeFiore, RN



Did you know that 1 in 5 people suffer from the pain of arthritis? As we age, many of us will have some degree of arthritis. What can we do about

that and how can we get relief from the pain associated with the disease?

Osteoarthritis, which is the most common type of arthritis, is a degenerative joint disease. When the cartilage in our joints breaks down, it causes the bones to rub against each other leading to pain, stiffness and loss of movement in the joint. Most of the time, the cause of OA is unknown. It is mainly related to aging, but metabolic, genetic, chemical and mechanical factors can also lead to OA.

Although there is no specific Arthritis Diet, it is advisable to eat well balanced meals. Studies show that being overweight can worsen arthritis pain. The risk of baby boomers being obese and developing arthritis has risen rapidly over the years.

For optimum health it is important not to consume “foodless foods.” Most people are well fed, but malnourished, not taking in enough nutrients and vitamins. Eating 70 grams of natural, lean meat protein a day is recommended by arthritis experts. These lean proteins include chicken, fish, turkey, and seafood. Other suggested healthy eating options for those suffering from arthritis include eggs, green and orange veggies, grapefruits, kiwis and berries. Blue Ribbon Foods offers natural, lean meats and seafood, as well as a great selection of organic fruits and vegetables from our farming partners. Of course, remember to drink plenty of water. Try to minimize your salt intake; salt-free seasoning is a better alternative.

Since diseases are sometimes caused or aggravated by eating habits, our way of life can make changes to restore our health.

Best of Health and Happy Holidays!

If you have a medical question, please email me at nurse@southernfoodsathome.com.

Karen DeFiore is a Registered Nurse who has worked in pediatric, orthopedic and surgical nursing.

Aspirin And Bone Health

If you have been wondering whether taking a baby aspirin every day is good for your heart, it probably is. Here's another plus to taking one. According to PLoS One, a journal from the Public Library of Science, many doctors have noticed that people on regular aspirin therapy tend to have stronger bones.

More than one study supports this observation. In one study of mice, aspirin helped to rebuild bones in two ways. It promoted the growth of new bone cells and it prevented existing bone from being broken down and reabsorbed by the body. Scientists hope the findings will result in a new osteoporosis therapy.

How to Party Right This Holiday Season

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Lastly, if a meal is being served, grab a smaller plate to eat from. You will consume fewer calories and still feel like you are eating a “full plate.” Follow these simple strategies and you will avoid the seasonal seven pound weight gain!

To check out my latest video, log onto my blog at <http://eatingright.southernfoodsathome.com>.



In Our Customer's Words

Dear Chef Mike:

We started with Southern Foods At Home in the '70s, when we first moved to GA. We had three kids growing up, busy schedules, and for a while only one car, which made errands and grocery shopping quite a challenge.

We made an appointment with a representative and listened to the plan. We bought an upright freezer and chose the foods we knew we would like. I placed a food/meat order once a year. That freezer was full top to bottom!!!!

Time passes, things change, children grow up and have their own families. We have continued to order by adjusting our desires and needs for a family of two. In more recent years with health issues, I have ordered more fish, chicken and the leanest cuts of meats. We continue to be more than satisfied.

Two unspoken benefits that we have enjoyed all these years: 1) the first freezer wore out and Southern Foods At Home replaced it free, you even placed a service call to make sure all was running properly. 2) a first-person, friendly relationship with Jerry Downey who takes our order, even giving me recipes to try new things.

Recently, we referred our son and his family and they are now the benefactors of this wonderful service, great food and the convenience it offers.

Convenience, quality, efficiency, selection and choices, no hassles, and long time faithful service has us sold. I recommend you as often as I can. Many people have not heard of such a neat concept.

Sue Cox





Don't Forget to Reorder for the Holidays!

In this issue's Recipe of the Month, Chef Mike shared a delicious, hearty recipe for pork tenderloins with sausage stuffing. Pick up some all natural pork tenderloins with your reorder today! Remember to ask Adam what he's got cookin' for this month's reorder special.

Three Easy Ways To Place Your Order:

1. Call Adam at 800-750-7239 or 770-279-4730
2. Order Online at: www.ServiceFoods.com
3. Email Adam at: azeisel@bellsouth.net

Welcome To New Clients!

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

Wally & Karen Barber; Keith & Linda Boushelle; Jose & Traci Colon II; Dunbar & Andi Harrison III; Rick & Tracy Holmes; Bobby Humphrey; Drico & T Lee; John & Tiffany Mason; Diona McIntire; John Peterson; Shawn & Cela Porter; Jamie Pridgen; Chan & Theresa Pridgen

Mark Your Calendar

Hanukkah – December 11th

This Jewish holiday (also known as the Festival of Lights) is celebrated for 8 days.

Christmas – December 25th

This well-known holiday, celebrating the birth of Christ, is perhaps the most popular day of our calendar.

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May you enjoy every day
this season. Here's to
health and happiness!
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