

HEALTHY LIVING

Service Foods'
Monthly Newsletter



A Message From Chef Mike



Hello and happy New Year! Welcome to the January edition of Service Foods' Healthy Living newsletter!

A new year is a great chance for a fresh start. Whether you've been putting off beginning your workout regimen, or hesitating to take the next big leap at work, January is a good month to get on track.

In this issue of *Healthy Living*, Karen and Dana tackle the issue of stress. As we know, stress can significantly impact our health and wellness. It's important to be aware of how to effectively battle stress in our daily lives. If you've put on a couple of extra holiday pounds, don't worry. Kim is here to offer you efficient strategies to drop fat fast. Of course, our hearty new recipe – beef and barley stew – will help you stay warm and satisfied this month!

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 January, and thank you for your business.

Chef Mike

Could Stress Be Adding To Your Weight Gain?

Dana Yarn, RDLD

The average weight gain over the holidays is three to seven pounds. Unfortunately, the extra turkey, pie and cookies may not be the only cause of holiday weight gain. Stress can add unwanted weight too.

For some, the New Year may bring additional stress like new obligations and a heavy work load, not to mention the personal pressure we put on ourselves to conquer bigger and loftier goals. Wanting to improve yourself is a great thing, but it's important to focus on finding a balanced lifestyle. Our culture operates on a "more is better" philosophy – we tend to book every minute of every day with an activity, and if we get a moment to breathe, we want to add another activity or responsibility to our already-overloaded plate.

Here are a few ways to find balance, lower your stress levels and lose unwanted weight once and for all!

- **Do not be afraid to say no!** If you tend to say yes to everything, then you're probably exhausted, burned out and find it hard to be pleasant around those who mean the most to you. If you set up boundaries (like

turning your phone off when you are spending time with family), then people will probably only ask you for help if they need you for something significant.

- **Make small healthy changes.** Most individuals who have made significant lifestyle improvements started out with small changes, which turned into big changes. Only eating out two times per week, taking 30 minute walks around your neighborhood in the mornings or evenings, or making sure you eat five servings of fruits and vegetables per day are all small changes that will lead you to a healthy and balanced lifestyle.
- **Breathe.** Oxygen will increase your energy and improve your circulation. Yoga classes are overflowing for a reason – yoga forces us to slow down and truly breathe, which then helps you reconnect with your inner balance.

continued on page three...



Recipe Of The Month

Beef and Barley Stew

Serves 6

- 4 slices of bacon, diced
- 1 tablespoon of olive oil
- 1 ½ pounds of stew beef, cut into ½ inch pieces
- 3 tablespoons of flour
- salt and pepper to taste
- 8oz. of sliced mushrooms
- 1 cup of celery, diced
- 1 ½ cups of onions, diced
- 6 cups of beef broth
- 1 bay leaf
- 1/3 cup prepared barley
- 2 cups of carrots, sliced
- 1 large potato, diced into ¼ inch pieces
- 1 cup of green frozen peas, thawed
- 1 tablespoon of corn starch blended with 3 tablespoons of cold water



1. Cook the bacon over medium-high heat until just starting to crisp.
2. Place the beef, flour, salt and pepper into a large zip bag and toss well. Add to the bacon and cook for one minute.
3. Add the oil, mushrooms, celery and onion and cook until the beef is browned and onion is tender.
4. Add the beef broth and bay leaf. When simmer returns, reduce the heat to medium-low and simmer for 45 minutes.
5. Add barley and carrots and reduce the

heat to low. Cover and simmer for 25 minutes.

6. Add potatoes and simmer for 25 minutes longer. Add the peas and corn starch mixture, then simmer for 10 minutes until thickened.

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

Bon appétit! Chef Mike

In Our Client's Words

I was diagnosed with Celiac disease three years ago. It was a totally life-changing experience, especially due to the fact that I was misdiagnosed for over 38 years. I also had to face the realization that the only thing to keep me alive and on the road to recovery is a complete change in diet. Yes, I am a disciplinarian to say the least, having 2 young boys (3 counting my husband), and this was extremely hard to manage. We were introduced to Service Foods a year ago, and even though my husband was leery at first, you won him over with his first bite of rib eye steak that he cooked on our Big Green Egg. We were ecstatic with every piece of beef, poultry, pork (oh yeah!), veal, buffalo and, more importantly, the seafood quality. Service Foods brought the fun back into cooking.

Well, we were plugging along just fine with cooking in Atlanta and surprisingly had to make a life change again and move our entire family across the country to Phoenix. I was devastated thinking how are we going to do this now without Service Foods? Furthermore, we had just invested in our fabulous freezer! Pleasantly surprised, I learned that it was okay to take our freezer to Phoenix and that, to my disbelief, you could and would also continue to ship our choice of foods all the way to us in frozen containers!

We took the plunge and moved to a temporary apartment, and I savored every last bit of my initial order to feed us until we moved to our new house. (The >>

continued on page three

Five Factors For Fat Loss

Kim Kantor, Ms. Fitness Southeast

With the holidays over, one of the most popular fitness questions people want answered is how to lose fat without losing muscle and sacrificing strength. Read below for some of my tips on healthful fat loss.

The Hierarchy of Fat Loss

1. **Correct nutrition.** There's pretty much nothing that can be done to out-train a poor diet. You quite simply have to create a caloric deficit, while eating enough protein and essential fats.
2. **See #1. It really is that important.** The only difference between training for muscle gain and training for fat loss is your diet. I think that's an oversimplification, but it does reinforce how important and effective correct nutrition is toward your ultimate goal.
3. **Activities that burn calories, maintain/promote muscle mass and elevate metabolism.** I think it's

fairly obvious that the bulk of calories burned are determined by our resting metabolic rate (RMR). The amount of calories burned outside of our resting metabolism (through exercise, etc.) is a smaller contributor to overall calories burned per day. Essentially, we're looking for activities that keep us burning more calories after the exercise session.

Five Factors for Fat Loss Training

Metabolic Resistance Training – We're using weight training as the cornerstone of our fat loss program. Our goal is to work every muscle group hard, frequently and with intensity that creates a massive "metabolic disturbance" or "after-burn" that leaves the metabolism elevated for several hours post workout.

High Intensity Anaerobic Interval Training – The second key "ingredient" in a fat loss program is high intensity interval training (HIIT). Interval work burns more calories than steady exercise and elevates metabolism significantly more than other forms of training.

High Intensity Aerobic Interval Training – The next tool we'll pull out is essentially a lower intensity interval method, where we use aerobic intervals. It's the same as the above method of training with a cardio focus.

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Managing Stress

Karen DeFiore, RN



Now that the holidays are over, we should all take a deep breath and work on relaxing. Managing stress in our lives helps prevent high blood pressure and heart attacks. In times of extra stress, your ability to stay healthy and ward off colds and flu can be enhanced by eating a healthy, well-balanced diet.

Carbohydrates, protein, fat, vitamins and minerals are all important for energy, mental concentration and emotional stability. If you live off fast food or unhealthy snacks, you are more likely to perform poorly or get sick during stressful times.

Whole grains, fruits and vegetables can help you maintain your magnesium, Vitamin C and Vitamin B levels high – all of which are needed more in times of stress.

Any discussion about eating and stress must include caffeine and sugar. Sugar will satisfy you in the short term, but after an hour or two, you may find you have less energy and need more food. Whole foods will provide you with energy that will last for several hours. Healthful foods such as lean beef, chicken and fish are great sources of protein, which helps build muscle and keep us going throughout the day. Here's to a healthy you in 2010.

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

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



>> **Steady State High Intensity Aerobic Training Tool** – This one is just hard cardio work. We're burning calories and all those calories per day will add up.

Steady State Low Intensity Aerobic Training – This is just activity, such as going for a walk in the park, etc. It won't burn a lot of calories, but this is the "icing on the cake" (bad analogy in a fat-burning article). Your body needs an active recovery, and this is a great way to do so.

Putting It All Together: Time Management

One of the most common problems we all have is the lack of free time to dedicate to working out. What helps is to look at our training in an efficient manner and design our fitness routine around the time available.

For example, if you have three hours per week available, use only #1 above: metabolic resistance training. If you have three to five hours, use #1 and # 2: weight training plus high intensity interval work. If you have five to six hours available, add #3: aerobic interval training. You get the idea. With regular training time, you can lose the stubborn fat and keep it off!

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

Could Stress Be Adding To Your Weight Gain?

Continued from page one

When your stress level is rising, take a moment to take deep breaths and get centered again.

- **Check off your list.** Many of us keep lengthy to-do lists to keep us on track. Add a new twist to your list: at the end of each day, note your accomplishments. Seeing how much you got done over the course of the day will boost your self-esteem and make you more productive.

Did you go to the gym? Check.

Did you pay your bills? Check.

Did you provide a healthy meal for your family, pack healthy lunches for the next day, drink 8 glasses of water? Check, check and check.

Don't let stress dictate your life. You are in control of having a balanced and healthy lifestyle.

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



In Our Client's Words

continued from page two

>> freezer fit snug in the cramped laundry room and all!) I realized that my eldest son was on the path of Celiac a lot sooner than one would like and painfully had to start his road to recovery and change his gluten-filled diet (doesn't take but a tiny bite for us) and rely on our fabulous food. It gets quite pricey to head to Trader Joe's and Whole Foods to make what is necessary for our condition to stay healthy. Every little bit goes a long way and to know that we can have the best meat and produce reasonably at our finger tips is a great gift to me. I so look forward to cooking the newsletter recipes too!

Now that we are in our new home and my dream kitchen – my mission is organizing our new life. I can't tell you how excited and anxious I am to know that I can finally receive my new order from Service Foods and start making all of our family favorites again. There is no other service with the quality and nutrition factor better for you than Service Foods. But more importantly - fresh and with no additives that are typically hidden glutens. My picky 6-year-old eater even loves the veggies!

Our whole family can eat delicious, affordable meals because of Service Foods all the way in Arizona. Off to cook some Buffalo meatballs! I can't wait to spread the word out here and back it up with taste - BON APPETIT!!

Annalyn Wills Phoenix, AZ

Mark Your Calendar

Marin Luther King, Jr. Birthday – January 18th

On this day, we mark the birthday of this great Civil Rights leader.



Don't Forget To Reorder For The New Year!

Do you need some all natural beef for Chef Mike's recipe of the month - beef and barley stew? Why not pick some up with your order today!

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:

Kristine Evjen; Kenneth & Beth Anne Flack; Lynn & Anne Howard; Ralph & Annie Jackson; Brian & Georgia McCurley; Ray & Leigh Sandridge, Jr.; Frances Sutton & Arlene Poteat; Charles Weiss & Lydia Kinhead



Service Foods Spotlight

Thank you to our wonderful clients who've referred their friends and family last month. You are the best and we're grateful!

My heartfelt thanks to:

- > Robert and Theresa Pridgen of Dacula for referring Frances Suttons and Andrea Poteat
- > Jeffery and Karen Barber of Lawrenceville for referring Raymond and Leigh Sandridge, Jr.
- > Jamie Pridgen of Lawrenceville for referring Robert Humphrey **AND** Robert and Theresa Pridgen **TWO REFERRALS!**



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IN THIS ISSUE

Recipe Of The Month:
Beef and Barley Stew p. **2**

Could Stress Be Adding To Your
Weight Gain? p. **1**

Five Factors For Fat Loss p. **2**