

HEALTHY LIVING

Service Foods'
Monthly Newsletter



A Message From Chef Mike



Greetings and welcome to the February edition of Service Foods' Healthy Living newsletter!

Can you believe we're into February already?! We hope that the start of 2010 is going well for you and that you're achieving the goals you set for yourself last month. February is one of my favorite months, because it's the month of love. Yes, Valentine's Day is just around the corner. Our recipe of the month – steak au poivre – paired with a good red wine, is the perfect Valentine's meal for you and your loved one!

In this issue of Healthy Living, Karen and Dana talk about your relationship with food. Yes, we all have our relationships with food, and the goal is to make sure that this relationship is a healthy one. Meanwhile, Kim and our new contributor – personal trainer Herb Cables – discuss diets appropriate for physical training. So, if you have a goal of losing weight or simply getting into better physical shape, be sure to check out Kim's and Herb's article.

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 February, and thank you for your business.

Chef Mike

Your Relationship with Food

Dana Yarn, RDLD & Karen DeFiore, RN

Like any relationship, your relationship with food needs attention and work. Your relationship with food is also very important to your overall health. Ask yourself what is your relationship with food? Is it defeating or victorious? Are you obsessed with gorging on your favorite treats, or are you preoccupied with counting calories, carbs and fat grams? Obsessions are not healthy and can lead to negative behaviors.

If you feel like food is your enemy, then it is time to change your mindset. Your life will change for the better once you discover peaceful eating and engrain healthy food habits into your daily routine. If you are depriving yourself of your favorite foods and then find yourself breaking down and over-indulging, something is wrong. Yes, splurging is part of a healthy diet, but if this is a frequent pattern, then it is time to develop some positive and healthy habits. Here are some ways to start developing a healthy relationship with food. Be patient. If some of your food habits are over a decade old, then don't expect to shake them in the first week!

Spoil your supper. Yes, you heard me. Eat something healthy, like a piece of fruit, yogurt or a handful of nuts one to two hours before dinner. This will help you control your portions at dinner, leading to a faster metabolism and more stable blood sugars.

Plate presentation. Did you know that you also eat with your eyes? Mindless eaters will gobble down a heap of food without thinking twice. If you take the time to plate up your food to look more eye appealing with lots of color from fruits and vegetables, you will most likely eat slower and appreciate the food's presentation and taste. By no means do you have to serve your family a plate that represents a five star restaurant! But try to put a conscious effort into eating off a nice plate of arranged food, compared to eating out of grease-stained paper bag from the drive through!

If you fall off the healthy eating band wagon, jump right back on. Let's face it – some of us have an all-or-nothing attitude with many aspects of our life; this can lead to failure in the end. How

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Your Relationship with Food

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many times have you started a healthy eating plan and threw in the towel the minute you had something not so healthy? It's okay to eat junk food once in a while. Enjoy it at that moment and then resume your healthy eating. The 500 calories from your splurge will not set you back as much as you think. Life happens and you need to be prepared to deal with the unexpected food temptations. Otherwise, the nasty cycle of yo-yo dieting could be in your future.



To check out Dana's latest video, log onto her blog at <http://eatingright.servicefoods.com>.

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

“To eat is a necessity, but to eat intelligently is an art.”
- La Rochefoucauld

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!

Vitamin C: An Important Factor in Disease Prevention

As far as vitamins go, none have attracted the level of attention vitamin C has. It's not a cure-all for colds as thought in the 1960s, but recent research says it has great potential for helping to prevent heart disease, stroke and cancer.

Vitamin C is a powerful antioxidant. It blocks damage to cells caused by free radicals that contribute to the development of disease. For it to function at its best, however, the National Institutes of Health says cells must be fully saturated with vitamin C. That requires about 400 milligrams a day. The vitamin's role as a component of collagen is less well known. Collagen is a component of skin, ligaments, tendons, blood vessels and scar tissue. The C in collagen is vital for wound healing and the health of skin, bones, teeth, cartilage and all body tissues.

At the Linus Pauling Institute at Oregon State University, an analysis of nine large studies shows that people who consumed more than 700 milligrams of C a day were 25 percent less likely to develop heart disease. To get that much, you would have to take a 500 mg. supplement and eat at least two pieces of fruit each day.

Cancer experts believe that getting just 200

milligrams of C per day may protect against several cancers. They recommend getting it from food.

People who are watching their weight should get about 500 milligrams of C a day, according to the Oregon State University lab. Researchers found links between the level of vitamin C in blood and body fat, as well as waist measurements.

The best way to get 200 to 400 milligrams of C a day is by eating 2 1/2 cups of fruits and vegetables a day. Look to Service Foods for your selection of all natural and organic fruits and vegetables, in order to get your needed dose of vitamin C.



Dieting and Fitness Training

Kim Kantor, Ms. Fitness Southeast

Herb Cables, Mr. Georgia Natural Bodybuilding, Mr. Atlantic

If your New Year resolution was to lose weight, you may be hitting the gym consistently right now. Kudos to you! If you're weight training or doing any kind of a serious fitness training routine, you may be wondering what sorts of foods you should be eating.

Certainly, some foods will help you maximize your training regimen, while others will only hinder your progress. Let's examine what we should and should not consume, while pursuing a serious exercise regime.

Let's set some ground rules first:

- Eat five meals per day.
- Eat six meals on days you lift weights.
- Every serving should be about the size of your fist.
- Eat a protein, a carbohydrate or fat, and a salad with every meal.
- Fruit can be eaten once a day as a carbohydrate.
- Drink a calorie-free liquid with every meal.
- After 100% adherence for the first two weeks, you're allowed to eat two unapproved meals per week.

Approved protein sources:

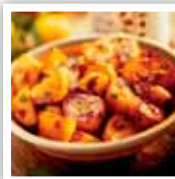
- Wild salmon
- Eggs
- Ground turkey breast
- Lean ground beef
- Chicken breast
- Tuna



- Tilapia
- Sea bass

Approved carbohydrate sources:

- Organic brown rice
- Long grain wild rice
- Sweet potato
- Yams
- Oats
- Chick peas
- Northern beans



Approved fat sources:

- Avocado
- Egg yolk
- Olive oil
- Fish oil
- Walnuts
- Almonds
- Ground flax seeds



If you follow these dietary guidelines, your diet and your exercise routine will go hand-in-hand to help you achieve your fitness goals.

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

Run For Your Life

A remarkable new study by Stanford University followed middle-aged males beginning in the 1980s. One group of men in the study was runners and the others were not.

Over time, there were just half as many deaths from all causes among the runners' group versus the non-runners. Even more significant, disabilities in the runners occurred 12 to 16 years later than in the non-runners.

Doctors at Stanford were surprised by the longevity effect and especially surprised by the quality of life the runners experienced.

At the time the project began, those who opposed running predicted that the men who

ran every day would suffer serious injuries and many would require knee replacements. As it turned out, the result was just the opposite. Runners did not have higher rates of osteoarthritis and total knee replacements.

Others who criticized the study said runners may have been in better shape to begin with, but all study subjects were in good health in 1980.

The study was one more example of how simple things like exercise make a big difference in future health.

Inspired by the runners' story? Check with your doctor before starting and as the old saying goes, *you have to walk before you can run.*



Recipe Of The Month

Steak au Poivre with Dijon Cream Sauce

Serves 2

- 2 filet mignon steaks
- ¼ cup Dijon mustard
- 4 teaspoons coarsely ground black peppercorns
- 2 tablespoons olive oil
- ½ cup minced shallots or red onion
- 1 tsp garlic, minced fine
- 1 cup beef stock
- ¼ cup whipping cream
- ½ dry white wine

1. Sprinkle steak with salt.
2. Spread 2 tablespoons of mustard on each side of each steak.
3. Press 1 teaspoon pepper on each side of each steak.
4. Heat oil in heavy large skillet over medium-high heat.
5. Add steak and cook to desired doneness, about 5 minutes per side for medium-rare.
6. Transfer steak to plate; tent with foil.
7. Add shallots and garlic to skillet; sauté for 15 seconds.
8. Stir in stock, whipping cream, wine and remaining mustard. Boil until thickened, 2 minutes. Spoon over steaks.

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

Mark Your Calendar

Valentine's Day – February 14th

Chinese New Year – February 14th

President's Day – February 15th .



February Reorder Special

In this issue's Recipe of the Month, Chef Mike shared a splendid recipe for delicious steaks. Pick up some all natural steaks with your reorder and you'll be ready for a scrumptious Valentine's meal! 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:

Jude & Mary Acuff, Jr.; Fred & Donna Archer; Victor & Trinia Barnes Jr.; Michael & Leisa Barnette; Willie & Rose Cope; Bradley Sullivan Coulter; Steven & Pam Dean; David Gunn; Brandon & Amanda Harris; Michael & Kasey Homol; Gary Lewis; Dan & Cris McElroy; Lee & Lesa Parker; Alfonso Davidson; Jerry & Verna Stephens; Russell & Nancy Willard

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:

- > Jose and Traci Colon II of Bethlehem for referring Alba Colon
- > David and Isilda Isaza of Lawrenceville for referring Michael and Kasey Homol
- > Jamie Pridgen of Lawrenceville for referring David Gunn
- > Randy and Katrina Harris of Dallas for referring Brandon and Amanda Harris
- > Gary and Ann Nizzi of Marietta for referring Gary Lewis



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