

HEALTHY LIVING

Service Foods'
Monthly Newsletter



A Message From Chef Mike



Hello and welcome to the May edition of Service Foods' Healthy Living Newsletter!

Now that May is here, we're surrounded by the sights of vibrant blooms, the scent of freshly cut grass and the sounds of birds happily chirping. The warmer temperatures and longer days we're experiencing make it the perfect time to enjoy fresh, seasonal ingredients like those found in our recipe of the month, Corn and Tomato Salad.

In this issue of *Healthy Living*, Dana offers some helpful tips to beat the food cravings that sometimes overtake us and sabotage our smart eating habits. Using her advice, you'll be able to beat even the strongest cravings and keep your healthy lifestyle on track. Our fitness expert, Herb Cables, explains some of the basics behind weight training, so you can easily understand and incorporate effective exercises to tone, lift, firm and shape your body. Also, food allergy sufferers will be happy to know that we are now offering several great-tasting allergy-free products.

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

Chef Mike

Overcoming Food Cravings

Dana Yarn, RDLD

A food craving is an insistent desire for a type of food that we feel we must eat. Cravings for high-sugar or high-fat foods are especially difficult for anyone trying to eat healthy or lose weight. Fortunately, with a little knowledge and planning, it's not too difficult to curb your cravings.



All too often, we let our food cravings sabotage and derail our healthy eating regimes. Cravings are certainly hard to resist, and I have even had clients describe their cravings as similar to an out-of-body experience where they reach a point when they have no control over what they put into their mouths.

I know first hand how hard it can be to resist food cravings — I'm currently six months pregnant, and I have had to overcome many cravings or else I would have gained 70 pounds by now! Pregnant or not, it's important to be conscious of our cravings and understand what we can do to conquer them.

Check out my tried and true strategies and techniques to overcome even the most intense food cravings.

- **Don't give in.** Show your craving that you are the boss. If you were to give in to your child every time she threw a temper tantrum, you would be teaching her that it's acceptable to scream or pout until she gets what she wants. Just like an unruly child, your craving is going to scream until it gets what it wants — exercise your willpower and stay strong against its demands.
- **Ride it out.** A food craving typically lasts 15-20 minutes, so keep yourself out of the kitchen and find an alternative activity to keep you busy until the craving passes. If you know your body always craves a sugary snack after your evening meal, then plan an activity unrelated to food for that time. You could walk your dog, take the kids to the park, or do something to keep your hands busy such as knitting or playing

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Favorite Items & Recipes from Our Staff

Stephanie's Best Lamb Chops (Lamb Chops 4-Piece Item #4040110)



- 4 lamb chops
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon vegetable oil
- 2 tablespoons stone-ground mustard
- 2 teaspoons minced garlic
- 1 teaspoon of finely minced rosemary
- 1/4 cup seasoned bread crumbs
- 1 tablespoon grated Parmesan

Preheat the oven to 450°. Season lamb chops well on both sides with salt and pepper. Heat a medium skillet over high heat and when hot, add the oil. When the oil is almost smoking, add the lamb chops and brown well on all sides, about six minutes. Transfer the lamb to a plate and set aside to cool slightly before continuing. Using the back of a spoon, spread the mustard evenly over both sides of the chops. Spread the minced garlic over the lamb in the same manner.

In a small mixing bowl, combine the breadcrumbs, rosemary and grated cheese, and toss to thoroughly combine. Using your hands or a spoon, spread the breadcrumb mixture evenly all over the lamb chops, pressing so that the crumbs adhere to the meat. Place the lamb chops on a baking sheet and bake for 12-15 minutes for medium-rare. Allow lamb to sit for five to ten minutes before serving.

Weight Training 101

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

Weight training can help you tone, lift, firm and shape your body. It's also been proven to have a positive impact on insulin resistance, resting metabolism, blood pressure and body fat. Together with aerobic exercise, weight training can help you transform your body, inside and out.

More and more people are turning to weight training to improve the way they look and feel. Physical training can be a very rewarding thing because it can drastically change the way you look, the way people perceive you and how you feel about yourself, both mentally and physically.

Unfortunately, the vast majority of people who want to start weight training have no clue where to begin. They don't even know the terminology, let alone the methods. Below I've provided a glossary of the most important terms you'll need as you begin weight training.

1. Repetition (rep/reps): A repetition or rep is the action of performing the complete motion of an exercise once. Using the bench press as an example, one complete motion means bringing the bar all the way down to your chest from an extended arms position, then lifting it back up to the starting position.

Each repetition normally has two distinct phases: the phase where you're actively lifting the weight, in which the muscles involved are contracting or shortening. This is called the concentric phase. The second phase is when you're resisting the weight, bringing it to the starting position of the concentric phase. This is when the muscles involved are lengthening, and it's called the eccentric phase. It helps to remember that concentric phase = muscles contracting and eccentric phase = muscles lengthening.

2. Set: A set is when you perform a series of repetitions without any significant rest between them. For example, when you perform a set of ten reps on the bench press, it means that you lower and lift the bar ten times in a row. Once all the reps in a set have been completed, you put the bar back on the rack.

Numbers of sets and reps are usually written together, with the sets listed first and then



reps. For example, 3x10 means that you would perform three sets of ten reps, resting between sets.

3. Rep range: You won't always see a precise number of reps listed in a workout program. In fact, you'll usually see a rep range. This is a bracket of reps, usually between two to four, in which the training effect is almost the same.

A rep range allows for more leeway; let's say that your workout calls for ten reps, but you're only able to do seven. Do you trash the set, or do you count it? What if after ten you feel that you can still squeeze out another one or two reps? Do you stop at ten, or do you continue?

Rather than agonize over this, I prefer to use a rep range rather than a specific rep number. Which rep range to use depends on what kind of gains in muscle you're looking for:

- 2-3: Strength with little size gain;
- 4-5: Strength and size gains, but more strength than size;
- 6-8: Strength and size gains, almost equally;
- 9-12: Strength and size gains, but more size than strength;
- 13-15: Size gains and some muscle endurance gains; and
- 16-20: Muscle endurance gains and some size gains.

4. Rest Intervals: This one is fairly straightforward; it refers to the amount of time you rest between sets of an exercise or between exercises.

Next month, we'll dive into the tempo of a repetition and different training variables to enhance your training experience.

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

Overcoming Food Cravings

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a video game. You will be less likely to crack open a bag of cookies or unwrap some candy if your hands (and mind) are busy.

- **Drink water!** Water keeps the munch monster away. Our cravings usually stem from thirst, not hunger. If you are craving something salty like pretzels or nuts, you may be slightly dehydrated. Try having a large glass of water instead, and you'll likely find that your craving will go away.
- **Find an alternative food.** If you crave sweets, have a fruit salad with non-fat vanilla yogurt instead of a candy bar or cookies. If you crave something salty, go for whole-grain crackers with hummus rather than chips and dip.
- **Avoid nighttime bingeing.** After a long day of work, we tend to come home and "veg out" on the couch or in front of the television. Unfortunately, most people consume more than 50% of their daily caloric intake after the sun goes down. Why is that?

First, if you haven't consumed enough calories throughout the day, your body is naturally going to want to make up for them at night. This leads to weight gain because there is no way you can burn off your dinner, dessert and snacks by spending the evening watching TV and sleeping.



Second, many people binge at night because they crave comfort foods like biscuits, creamy soups, gravies, mashed potatoes, cakes and cookies. Food like this isn't a drug, but it does make us happy.

Ward off nighttime cravings by eating healthy meals and snacks throughout the day so your body feels satisfied all day long. Also, instead of reaching for heavy, high-calorie comfort foods at the end of a tough day, opt for healthier versions such as whole-wheat bread, vegetable soup or chili, baked sweet potatoes, and marinades or sauces made from olive oil.

Cravings are hard to resist, but not impossible. Exercise your willpower, and don't let them derail your healthy choices.

If you have a nutrition question, email me at dietician@ServiceFoods.com.

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



Recipe Of The Month

Corn and Tomato Salad

Serves 4

- 4 ears corn, husked with kernels removed from the cobs
- ¼ cup plus 1 tablespoon of olive oil, divided
- 2 tablespoons vinegar
- 3 tomatoes, seeded and chopped
- ½ cup crumbled feta cheese
- 2 tablespoons of Gourmet Garden Basil

1. Heat a skillet over medium-high heat for 2 minutes.
2. Add 1 tablespoon of the olive oil and swirl to coat the pan.
3. Add the corn kernels and quickly sauté for 2-3 minutes until they reach a deep golden color and begin to release their fragrance. Remove the corn to a bowl and set aside to cool.
4. In a large bowl, whisk the remaining ¼ cup olive oil, the vinegar and the Gourmet Garden Basil to blend. Add the corn, tomatoes and feta, and toss to coat evenly. Serve with your favorite grilled foods.

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

Bon appétit! Chef Mike

Mark Your Calendar

Memorial Day — May 30th

Allergy-Free, All-Natural Chicken Products Now Available!

Service Foods is happy to introduce Allergy-Free, All-Natural Chicken products! If you, your child or someone else in your household is one of the 12 million Americans suffering from a food allergy, you can now enjoy breaded chicken without worrying about the ingredients.

Our new Allergy-Free, All-Natural Country Fried Chicken Breast Filets, Chicken Tenderloins, Chicken Breast Chunks and

Chicken Breast Nuggets are free from gluten, dairy, eggs, soy, shellfish, peanut, tree nuts and crustaceans. Made from quality ingredients, you can rest assured that the delicious products are safe and something your whole family can enjoy!





Reorder All Your Favorite Items Today!

May is the perfect time to enjoy a cookout. Chef Mike's delicious Corn and Tomato Salad pairs wonderfully with our premium hamburgers, steaks and chicken. Get yours 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:

Freddie & Nora Aquino; Spencer & Ann Brown; Rudy Cadney; Joel & Nancy Clark; Barbara Curl; Kate Daley; Chris & Audra Edwards; Ryan & Danielle Fish; Jim & Linda Graham; Gus Gustafson; Willie Hill; Carrie Hobbs; Stella & Hilary Kemp; Bo Lane; Sasha Orr; Daniel Peduri & Jonathan Bagwell; Latas & Lauren Riley; Sadie Shaw & Ann Marie Shaw-Ofori; and Tom & Diedra Steng.



The 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 Elizabeth Harlan of Snellville for referring William Lane
- > Cynthia Amaya of Lawrenceville of Daniel Peduri & Jonathan Bagwell
- > Joseph and Sherryl O'Donnell of Marietta for referring James & Linda Graham
- > Thomas and Angela Philipose of Atlanta for referring Willie Hill

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