

HEALTHY LIVING

Service Foods'
Monthly Newsletter



*All-Natural,
Healthier Foods*
No Growth Hormones
No Preservatives
No Chemicals

A Message From Chef Mike



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

This month brings you another newsletter full of helpful information — and of course another delicious recipe! My Grilled Rib Eye Steaks with Whisky BBQ Sauce is a hearty dish that will warm up any fall evening, and something the whole family will enjoy.

This issue's highlights include Dana's advice on how to choose the most effective dietary supplements, and Herb's answers to some of the most commonly asked fitness questions. Now that the hectic holiday season (and all that Halloween candy!) is right around the corner, it's important stay focused on your health and wellness. Our individually packaged, portion-controlled food can help you make smart nutritional decisions and save you precious time!

I welcome your thoughts, comments and feedback on this month's newsletters, my recipe or anything else in this issue. Please feel free to email me at ChefMike@ServiceFoods.com. Have a wonderful October, and thank you for your business.

Chef Mike

Understanding Dietary Supplements

Dana Yarn, RDLD

We all hear and read about dietary supplements, but it can be difficult to know which ones are truly beneficial. Learn how the right supplements, when taken in the proper doses, can be a smart addition to your healthy lifestyle.



I get more questions about vitamins and supplements than anything else. Proper supplementation can be confusing because nutrition advertising is often very misleading. Supplementation is beneficial to everyone; some health professionals say you can meet all of your nutritional requirements through food alone, but in this hectic world it can be nearly impossible to get all your nutrition through meals and snacks. Supplementation will help accelerate your body's natural metabolism by putting it in a state of nutrient balance rather than deficiency.

Multi-vitamins are the most common type of supplement and can play an important role in immune function and preventing nutrient deficiencies. When it comes to multi-vitamins, you get what you pay for. An inexpensive vitamin that you take once per day is not going to give you the health

benefits that a higher-quality vitamin will. Most reputable vitamins are more than one pill per serving, and it's typically recommended that you take them two times per day to increase the absorption rate (our bodies can only handle so many vitamins and minerals at once).

Omega-3 supplementation is something that I recommend to all my clients. Omega-3 fatty acids are essential fatty acids. They help protect against heart disease and reduce inflammation, and studies have shown essential fats suppress appetite and reduce cravings.

There are several forms of omega-3 supplementation, including fish oil, flax seed oil, ground flax seed and chia seeds. The oils can be found in capsule form, and I recommend 4,000 to 6,000 mg of fish oil per day. This usually translates into four to six capsules per day. Flax seed and chia seeds are also rich in

continued on page three...



Favorite Items & Recipes from Our Staff

Kara's Easy-As-Pie Stir Fry

- 1/4 cup soy sauce
 - 2 beef or chicken kabobs (#1019890 Beef Kabobs or #2025860 Chicken Kabobs)
 - 1 bag of Oriental vegetable blend (#4145620 Oriental Blend)
 - Hot cooked rice
1. Cook rice using your preferred method.
 2. While the rice is cooking, remove the kabobs from their packaging and slide the contents off the stick. Set aside.
 3. Add the soy sauce and the contents from the kabobs to a large frying pan. Cook over medium heat for five minutes, stirring occasionally.
 4. Add the bag of vegetables to the pan and stir. Continue cooking over medium heat until all ingredients are heated through.
 5. Serve the kabob/vegetable mixture over the rice.

Mark Your Calendar

- October 11: Columbus Day
- October 16: Sweetest Day
- October 24: Mother-In-Law Day
- October 31: Halloween

October is also **Breast Cancer Awareness Month** — if you're a woman over the age of 40, be sure to schedule your annual mammogram if you haven't already done so this year!

Top Five Questions for Trainers

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

Education is a key component of every successful training regimen, however, you're likely to find conflicting opinions for every question you might have. We have provided some definitive answers to help you ensure maximum results from your workouts.

I get so many questions regarding diet and training from clients. With the amount of conflicting information I see everywhere, it's no wonder everyone is confused! To help you make the right decisions and give you conclusive information, I have given you helpful answers to the five most commonly asked questions.

Q: How do you incorporate flexibility into a training session? I usually don't have the energy for doing flexibility following my workouts, so I stretch at another time. Is that okay?

A: Here are a few simple stretching rules:
Use various methods (static, dynamic, etc.) rather than seeking one stretching method.

Shorter, more frequent stretching bouts are better than longer, less frequent ones. If you stretch for an hour a day, your body has 23 hours to tighten back up again!

When resistance training, stretch the muscles you're training between sets because that's usually when they're tightest.

Focus your stretching on the tightest muscles.
Use yoga as an alternative to "boring" stretching. It will actually make your whole body feel better!

Don't get too focused on pre-stretch warm-up, especially if it prevents you from even doing it in the first place.

Q: What are your thoughts on training the abs?

A: I feel if you incorporate the correct exercises in your workout plan, there's very little need for specific abdominal work. Compared to many abdominal isolation exercises, I've seen more dramatic abdominal improvements with squats, regular deadlifts and overhead presses. These, especially in combination, will blow away most "isolation" ab-training programs.

I'm not saying I oppose ab training. There are some excellent exercises to help



Use yoga as an alternative to stretching.

complete the total package. I frequently use Turkish get-ups, decline sit-ups and hanging leg raises. But get rid of those crunches; there are much better alternatives.

Q: I get pretty sore when I train; my workout partner tells me all the time "No pain, no gain." Is there any truth to that?

A: This idea is easily one of the biggest misconceptions in training — that high levels of pain, fatigue and soreness equal effectiveness. You really want to seek performance, which is actually best accomplished by managing fatigue. In other words, the intensity and volume of work determines the training effect. Of course, that work does create some level of fatigue, but the residual after-effects of training shouldn't be the focus. Your level or soreness does not predict the effectiveness of a training program!

Q: What is your take on balance training? I love the BOSU ball!

A: Most of what's passed off as "functional training" equipment today — BOSU balls, balance boards, disk, Arrex pads, etc. — are really the unskilled and inappropriate application of rehabilitation protocols on healthy people. Why stand on all of the above when standing on one foot gives us more than enough instability?

Q: I've been trying everything and can't seem to lose fat. Does age get in the way of reducing body fat?

A: Try eating the same four to five meals every day for a week and then document the changes to your body. This way you know exactly what you're eating and you can then measure the result of eating it. If your body fat percentage doesn't go down, make a modification. It's also important that you take every possible measure to improve your sleep quality.

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

Recipe Of The Month

Grilled Rib Eye Steaks with Whisky BBQ Sauce

Serves 4

- 4 Rib Eye steaks, 20 oz. each
- Olive oil, for brushing
- Awake-A-Steak® seasoning, to taste

Whisky BBQ Sauce

- 2 tablespoons olive oil
- 1 cup onion, finely diced
- 1 tablespoon garlic, finely chopped
- ¼ cup whisky
- ½ cup maple syrup
- 1 tablespoon apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon chipotle chili powder
- ½ teaspoon fresh cracked black pepper

1. First, make the Whisky BBQ Sauce by heating a medium-sized sauce pan over medium heat for one minute. Add the oil and onions and sauté for one minute.
2. Add the garlic and sauté for 30 seconds, being careful not to let the garlic brown.
3. Remove the pot from heat and add the whisky. Let the whisky steam for 15 seconds before returning to the burner (this prevents flaming).
4. Simmer until the whisky has almost completely evaporated. Add the remaining



ingredients and simmer on low for two to five minutes. Remove from heat and set aside.

5. Heat your grill on high for ten minutes. Brush the steaks with the olive oil and season to taste with the Awake-A-Steak® seasoning.
6. Place the steaks on the hot grill for two minutes per side to establish grill marks.
7. Lower the heat to medium and grill the steaks, turning them every two minutes until they are cooked to your liking.
8. Remove the steaks from the grill and serve with the Whisky BBQ Sauce.

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

Bon appétit! - Chef Mike



Try Our New All-Natural Soup Mixes!

Just in time for fall, Service Foods is now offering a selection of hearty, all-natural soup mixes. Available in five delicious varieties, the soups will take the chill out of your next meal!

Many of the most popular brands of canned soups available in stores contain high levels of salt, sugar, MSG and even BPA, a harmful chemical that's been linked to health issues like breast cancer and reproductive abnormalities.

Our new all-natural soup mixes are free from salt, sugar and MSG — and taste delicious! Each soup mix makes six to seven 8 oz. servings and can be cooked in just 20-30 minutes. Choose from Barley Beef, Minestrone, Red Beans and Rice, Split Pea, and Vegetable Soup varieties!

“Take the chill out of your next meal!”

Understanding Dietary Supplements

Continued from page one

omegas and have an additional fiber benefit over the oils. The minimum recommended dose is two tablespoons. I usually throw the seeds into my oatmeal or smoothies in the morning. If you are taking any other medications, be sure to consult with your doctor before consuming this dose.

The third supplement that I recommend to clients is protein power. I recommend this because the average person typically does not meet his or her protein needs every day. Protein is the building block of lean muscle, and when protein intake is low we tend to have cravings for foods that are higher in sugar and carbohydrates. Protein powder can be added to oatmeal, smoothies, yogurts or milk. Consuming the extra protein will balance out the meal or snack, and you may notice a decrease in cravings.

Don't forget supplements are just that — they supplement a healthy diet. Just because you are getting vitamins and minerals through supplements doesn't mean you can eat whatever you would like. Make sure you are still consuming a healthy diet rich in fruits, vegetables and lean protein.

If you have nutrition questions, email me at dietitian@ServiceFoods.com.

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





Reorder and Stock Up for Autumn!

This month, there's a bit of a chill in the air and the evenings are getting shorter. Take advantage of the fact that it finally feels good to turn on the oven, and stock your pantry with everything you'll need to keep your family satisfied this fall. And don't forget – the holidays are quickly approaching, so reorder your supply of our delicious, all-natural food now to get a jump-start on the season!

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:

Robert & Jennifer Blehm; Gloria Canup; Jody Carter; AJ & Marquita Cummings; Doyle & Louise Davis; Martin & Susie Dukes; Joel & Susanne Edwards; Darwin & Jo Ellerman; Russell & Charlotte Flynn; Ed & Peggy Garreau; Van & Rashunda Grady; Elaine Greer; Scott & Joy Harty; Lisa Marie Haygood; Garry & Laura Hill; Russell & Cassandra Jones; Greg & Sherrie Labrie; Stacy Laye; Dick & Jimi Mezzanotte; Adolfo & Emma Molina; Dan & Shelly Owens; Adam & Brenna Pittaway; Larry & Brianna Rice; Cathleen & Cathi Romaniello; Harry & Charlotte Shriver; Julian Swann; and Vaden & Darlene Wagoner.



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:

- > **Paula Stone** of Alpharetta for referring Elaine Greer
- > **Alba Colon** of Snellville for referring Adolfo & Emma Molina
- > **Larry & Brianna** Rice of Loganville for referring Russell & Cassandra Jones
- > **Scott & Joy Harty** of Atlanta for referring Garry & Laura Hill
- > **Cory Bates** of Villa Rica for referring Martin Dukes AND Stacy Laye **TWO REFERRALS!**

IN THIS ISSUE

p. 2 Top Five Questions for Trainers

p. 1 Understanding Dietary Supplements

p. 3 Recipe Of The Month: Grilled Rib Eye Steaks with Whisky BBQ Sauce



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