



A Message From Chef Mike

Happy New Year from all of us at Southern Foods! This first newsletter for 2009 is chocked full of fresh information, articles, and commentary for you to enjoy. Both Kim and Dana, our faculty health professionals, advise you to be SMART—specific, measurable,

attainable, realistic, and timely—when choosing a New Year's weight loss plan.

And we have a new columnist for you, too. I'd like to welcome Dr. Len Lopez as an adjunct member of our faculty. Dr. Len will

contribute to our newsletter from time to time and this month he's written a very timely article on the role stress plays in unwanted weight gain.

Of course, I have a new recipe for you too - my famous Chipotle Chicken Tortilla Soup. It's a quick and nutritious meal that will please your family or double it to serve a crowd on Super Bowl Sunday.

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please e-mail me at ChefMike@SouthernFoodsAtHome.com. Wishing you a New Year of good health and happiness.

Southern Foods Recipe Of The Month - Chipotle Chicken Tortilla Soup

Serves 4

- 1 tbs canola oil
- 2 tsp garlic, chopped
- ¾ lb Southern Foods boneless chicken breast, cut into bite size pieces
- 1 tsp chipotle chili powder (or ½ of a chopped chipotle pepper in adobo sauce)
- 1 tsp ground cumin
- 1 cup water
- 1 can chicken broth (14 oz.)
- 1 can fire roasted stewed tomatoes (15 oz.)
- 2 tbs butter, optional

Garnish

- 1 cup crumbled tortilla chips
- ¼ cup fresh chopped cilantro
- 1 lime, cut into four wedges

1. Heat the oil in large stock pot over medium-high heat for one minute. Add the chicken and garlic and sauté for two minutes.

2. Add water, broth, tomatoes and seasonings. Bring to a full boil. Reduce the heat and simmer for five minutes.

3. Add the butter (optional) and stir to combine. Pour into serving bowls and top with the cilantro and chips. Garnish with the lime wedges. Perfect for a winter afternoon watching the Super Bowl!



You can watch a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com!

Enjoy! Chef Mike

Is Stress Causing Your Weight Gain And Fatigue? - By Dr. Len Lopez

With the start of the New Year comes another year of weight loss resolutions. So, to help those who are dieting and exercising with little success, let's discuss a piece of the weight loss puzzle that is often overlooked. We are talking about stress and how it triggers your metabolism to burn or store fat.

If you just took a 30-minute walk, you might have burned 200 calories. However, those calories may not have come from stored body fat. The body burns calories from carbohydrates, proteins or fats. Those who are successful in their weight loss goals are burning fats for energy - those who are not successful are burning carbohydrates and proteins (lean muscle).

Our metabolism is regulated by hormones. Stress triggers the adrenal glands to produce the stress hormones cortisol and adrenaline. Constant stress causes an over-production of these two hormones, which triggers the metabolism to burn carbohydrates

and proteins, instead of stored body fats.

The body is designed to burn fats for energy throughout the day. However, as stress increases, or if we skip meals, or eat the wrong foods...we trigger our metabolism to burn carbs and lean muscle - not stored body fat! This interferes with weight loss and is a prime reason why many people also struggle with fatigue and cravings. Their metabolism is burning the wrong fuel!

If you'd like to arm yourself with valuable tools that will help you win the weight loss battle, just visit my website for several free resources.

Dr. Len Lopez is a nutrition and fitness expert and author of *To Burn or Not to Burn, Fat is the Question*. For more information, visit Dr. Lopez' website at www.drlorenz.com.



The Southern Food Spotlight!

Thank you so much to our generous clients who referred us to friends and family last month. You are the best!

My heartfelt thanks to:

- **Stephen and Kimberly Owens** of Lyman for referring Fred and Susan Graham, AND Sandra McMakin **TWO REFERRALS!**
- **Jamie Harrelson** of High Point for referring Randy and Lori Sampson **TWO MONTHS IN A ROW!**

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Southern Foods At Home family, **you'll receive a \$100 credit and the free dessert of your choice with your next reorder!** I hope you'll consider referring us not just for the reward, but because you believe we provide better, healthier food. To refer a friend, simply go to www.SouthernFoodsAtHome.com/refer and fill out the easy referral form. We'll take special care of your friends and even give them **a surprise gift from you!** Thank you in advance for your support!



December Trivia Winner!

Congratulations to Sharon Payne of East Bend, NC for submitting the first correct answer to last month's holiday trivia puzzler: Not counting Rudolph, how many reindeer pull Santa's sleigh?

- a. 6
- b. 7
- c. 8
- d. 10
- e. 12



The correct answer was 'c,' eight reindeer pull Santa's sleigh: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen. Sharon won a scrumptious chocolate cake. Are you ready to take on our new Southern Foods Trivia Challenge?

January Trivia Challenge

The big game is almost here. In honor of the biggest sporting event of the season, let's test your Super Bowl knowledge: Where was the very first Super Bowl held?

- a. Rose Bowl in Pasadena, CA
- b. Superdome in New Orleans, LA
- c. Los Angeles Coliseum, Los Angeles, CA
- d. Astrodome, Houston, TX



This month we kick off a new trivia procedure for 2009! Simply email me the correct answer to our trivia challenge and your name will be placed into a drawing. All correct answers have an equal chance to win, regardless of how quickly you send in your entry. I'll select the winner on January 30th and the lucky person will receive a delicious apple pie! You have a great chance to win so email your answer to ChefMike@SouthernFoodsAtHome.com!

Why Southern Foods?

At Southern Foods at Home we care about one thing: Providing you and your family with delicious and **healthy** meals! We select only the finest beef, pork, poultry, and seafood that is free from steroids, growth hormones, chemicals and preservatives.



Economic times are challenging for many companies. Some are making cutbacks or reexamining their quality standards in an effort to save money. Unlike others, we will NEVER lower our standards. You can count on us for the nutritious, natural foods that taste great and are good for your family. And that's one less thing for you to worry about.

More Choices In 2009!

We've started the New Year off with a bang! Southern Foods has added 35 exciting new items to our menu for your family. Highlights include organic vegetables like baby broccoli florets and super sweet steamed corn. How about a boneless, cherry-smoked turkey breast or cooked BBQ pork chops? You can also order complete meals like garlic shrimp fettuccini or chicken pasta primavera, perfect for those nights when you just don't have the time to prepare dinner.



For all the details on our new selections, please contact your Food Economist. Be sure and ask about our **Super Bowl Special** when you place your order!

To place your order call **866-571-4921** or email your personal food economist.

Food Economist	Email address
Margie Banderio	mbandiero@southernfoodsathome.com
Stephanie Deitch	sdeitch@southernfoodsathome.com
Beverly Henley	bhenley@southernfoodsathome.com
Lacey Leonard	lleonard@southernfoodsathome.com
Judy Lowdermilk	jlowdermilk@southernfoodsathome.com
Debbie Nordstrom	dnordstrom@southernfoodsathome.com
Katina Sensing	ksensing@southernfoodsathome.com
Elizabeth Hayward	ehayward@southernfoodsathome.com
Peggy Pierce	ppierce@southernfoodsathome.com
Janice Tanksley	jtanksley@southernfoodsathome.com
Angela Stetar	astetar@southernfoodsathome.com
Brett Withers	bwithers@southernfoodsathome.com

Get A Pet, Live Longer

Did you know that pets can decrease your blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness? Other good news: Pets can increase your opportunities for exercise, outdoor activities, and socialization.

- The Centers for Disease Control and Prevention



Keeping Your New Year's Resolutions - Dana Yarn, RDLD

Quite a few people wake up January 1st and set out to improve their health by losing weight and/or eating better. The difference between the people who achieve their New Year's resolution and those who do not, is execution of a plan. A fool proof way to achieve goals and be successful is to start with the SMART goal setting method; specific, measurable, attainable, realistic and timely.

Be **specific**. If your resolution is to lose weight, be exact. Say you want to lose 20 pounds before you go on your Spring Break cruise. If you have something specific to achieve, the goal seems more realistic. You will be more apt to do what it takes to get there.

Make your resolution **measurable**. Rather than saying you want to eat healthier, set a goal of eating seven servings of fruit and vegetables per day. You will have a target to shoot for, and if the amount of healthy food is measurable, you will do a better job of keeping track.

The New Year is a fresh start and you may feel as though you can

conquer the world. But, then reality sets in. Healthy lifestyle changes are not that simple. Make your goals attainable. If it's not possible, that sets you up for failure. If you eat dessert every single night, then maybe giving it up cold turkey may not be the answer. A more attainable goal would be to have dessert only once or twice per week.

Be **realistic**! It is metabolically impossible for an individual to shed more than two pounds of body fat per week. Be advised: People who lose 10-15 pounds per week are usually losing water weight, muscle and a combination of fat. Healthy weight loss is gradual and steady. Aim to lose 1-2 pounds of fat per week until you hit your goal.

Make your New Year's resolution a **timely** one. Don't lose another year to procrastination. Define a time line plotting how you want to achieve your health goals throughout this next year. Set specific days/months in which you want to achieve certain milestones.



Getting Healthy The SMART Way! - Kim Kantor, Ms. Fitness Southeast

Start the New Year off with a bang. Deciding to live a healthier way of life is a great New Year's resolution. But you need to be S.M.A.R.T. You need to make your goals: Specific, Measurable, Attainable, Realistic, and Timely.

First, set small goals. Remember it's healthy to lose only 1-2 pounds per week. Try to make weekly, monthly, 6 month or yearly goals. This will help you keep the weight off and allow you to see attainable results.

Second, have a support system. It's easier to workout and eat a healthy diet, if you have encouragement. Work out with a friend and support him or her as well. Get your family involved.

Third, get assistance from a professional. Have a personal trainer help you plan a workout routine and a nutritionist prepare a meal plan. Your meals should not feel like a diet, rather a lifestyle you can continue to maintain. Stay away from fad diets. You'll lose weight quickly, but gain it back even faster. Slow and steady is the way to go.

Make the New Year a better one for you. Eat healthier and exercise regularly. But, make certain you can make this change a function of your everyday way of living.



A Question From Chef Mike

Pets contribute to our health and overall happiness. Most of us have had several pets during our lifetime. You can probably name one you had when you were growing up. Given the success of the recent movie, *Marley & Me*, I thought it would be fun to ask you:

“ Which of your pets was your favorite of all time? ”

Maybe it was the beloved dog that played Frisbee with you, or the one who seemed to understand everything you said. Maybe it was a cat that liked to play and welcomed you home each day.

Who was it and how did that animal contribute to your life? Please email me at ChefMike@SouthernFoodsAtHome.com and let me know!



3

The Uncanny Curry Cure

The next time you have a craving for curry, you might be doing your health a favor to give in to it. Researchers at the Medical College of Georgia have found that turmeric, the Indian spice commonly used in curry, can reduce the size of a hemorrhagic stroke. Other studies have found that turmeric's active ingredient, curcumin, can lower your risk for Alzheimer's disease, diabetes, obesity, rheumatoid arthritis, bone loss, and cancer.



Staying Well!

Don't forget to wash. The cold and flu season is upon us and that can make you think twice about going to places where you will come in contact with a large number of people. Inevitably, some of those people will be contagious. In public and at work, your best protection is hand washing. Anything you touch could carry the flu virus, but it does wash off. Make sure you wash your hands often!



Golf With A Purpose

Last November, Southern Foods headed to the links for a purpose. We sponsored a charity golf tournament benefiting the Georgia Transplant Foundation in honor of our former manager, Lance Green, who succumbed to liver disease in 2006. The event was held at the Hamilton Mill Golf Course in Dacula, GA. We all had a great time, as you can tell from the photo. From L-R are Rob Huber; Trey Pounders, President of Southern Foods At Home; Shannon Halbert; and Townley Pounders. We hope you can join us next year for this terrific cause. ▼



Mark Your Calendar

January 19, Dr. Martin Luther King, Jr. Day

Federal holiday honoring the Civil Rights leader since 1986.



January 20, Inauguration Day

Senator and President-Elect Barack H. Obama will be sworn in as the 44th President of the USA.



Welcome To New Clients!

Here are some of our new clients who became members of my Southern Foods family this past month. I'd like to welcome you and wish you and your family all the best in this New Year.

Jim & Gina Antonicello, PJ & Ginna Calhoun, Jr., Steven & Emily Cayton, Dean & Cathy Christy, Glenn & Janet Fluharty, Mike Flynn & Helen Radin-Flynn, Phillip & Della Hayes, Ronald & Debbie Isaacs, Ralph & Jane Lawrence, John & Carolyn Lucas, Ken & Hope Mabe, Jack Major, Jr., Sandra McMakin, Steve & Kim Owens, Kent & Joanna Pike, Erik & Elizabeth Rhine, Stan & Patricia Shelton, Glenn Smith & Lori Mooney-Smith, Ann Towle, Craig & Teresa Ward.

◆ Getting Healthy The SMART Way!

◆ And Fatigue?

◆ Is Stress Causing Your Weight Gain

◆ Recipe Of The Month:
Chipotle Chicken Tortilla Soup

◆ Inside this month's issue:

3669 N. Peachtree Rd, Ste. 200
Atlanta, GA 30341
866-571-4921

at home Since 1954

Southern Foods ★

PRSR STD
US Postage
PAID
Rome, GA
Permit No. 79