

HEALTHY LIVING

Southern Foods At Home's
Monthly Newsletter



*All-Natural,
Healthier Foods*

No Growth Hormones

No Preservatives

No Chemicals

A Message From Chef Mike



Hello and welcome to the summer edition of Southern Foods At Home's Healthy Living Newsletter!

Summer is now in full swing, and it's the season of baseball games, pool parties and family vacations. It's also a wonderful season for barbecuing Southern Foods At Home's all-natural beef. The next time you grill up one of our juicy steaks, try pairing it with my Recipe of the Month, Roasted Garlic Mashed Potatoes, to create a classic summertime meal.

In this issue of *Healthy Living*, Dana talks about the importance of pre- and post-natal nutrition during pregnancy. Her advice is essential whether you or someone you know is pregnant or thinking about pregnancy. Following on last month's explanation of weight lifting basics, our fitness expert, Herb Cables, continues to share his expertise through more in-depth training methods. By incorporating his pointers into your exercise regimen you'll get even more results from your workout. To reward yourself for all your hard work, give our new Blackberry and Peach Cobblers a try. They're a delicious way to enjoy the sweet flavors of summer!

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

What Eating For Two Really Means

Dana Yarn, RDLD

If you or someone you know is pregnant or contemplating a pregnancy in the future, it's important to understand the role that pre- and post-natal nutrition plays in the health of both the mother and child.



Now that I'm in the 32nd week of my pregnancy, I'm finally in the home stretch! It's hard to believe that the time has gone by so quickly. So far throughout my pregnancy, several of my friends and co-workers have told me I should enjoy myself and forget about my healthy eating habits just because I'm pregnant. That, however, is far from the truth.

When a woman is pregnant and begins "eating for two," it doesn't mean she can eat whatever she wants; in fact, she should be eating the healthiest foods possible to ensure that her baby is getting enough nutrients to properly develop.

Pregnant women should try to eat small meals throughout the day and make sure they are incorporating lean protein, fruits, vegetables and heart-healthy fats like Omega-3. Omega fatty acids help in babies' brain development and can be found in salmon, flax seeds

and certain nuts. Prenatal vitamins are also a must because they deliver the extra iron, folic acid and calcium that both mom and baby need.

Women experiencing a normal, healthy pregnancy only need around 300 extra calories per day. This is roughly equal to a large snack or a small meal, and some healthy examples include yogurt with granola and berries, one serving of whole wheat crackers and two tablespoons of all-natural peanut butter, or a side salad with two ounces of grilled chicken and one to two tablespoons of light dressing. Given those examples of 300 calorie meals, it's easy to see how some pregnant women put on extra weight because they overindulge with endless desserts, fast food and large portions at meal times.

Doctors recommend that women should gain between 25 and 35 pounds during pregnancy. Gaining too much weight can lead to serious complications such

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Favorite Items & Recipes from Our Staff

Beverly Henley's Rib Roast (Beef Prime Rib Roast Boneless Cooked, 5 lb. #910)



This rib roast is great for family gatherings and can be cooked three different ways!

Method 1: Thaw roast completely. Place the roast into a pot of boiling water. Boil for 20 to 30 minutes. Allow to sit for five to ten minutes and then serve.

Method 2: Thaw roast completely. Preheat oven to 325°F. Bake the roast in the boiling bag for 45 minutes. Allow to sit for five to ten minutes and then serve.

Method 3: Thaw roast completely. Remove the roast from the boiling bag it comes packaged. Preheat oven to 325°F. Add one can of beef broth to the bottom of a roasting pan and then add the rib roast. Cover the roast with leaf lettuce. Bake for one hour. Allow to sit for five to ten minutes and then serve.

Try Our New Mouthwatering Desserts!

Southern Foods At Home is happy to introduce delicious Blackberry and Peach Cobblers! These homemade desserts are the perfectly sweet ending to any meal this summer!

Plump, juicy blackberries and two layers of rich pastry come together in our Blackberry Cobbler. Fresh, perfectly ripened peaches are folded into the flaky crust of our hearty Peach Cobbler. Both tasty new desserts are sure to become favorites in your kitchen!

Weight Training: The Next Steps

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

Our fitness expert expands on the basic weight training information he shared with readers in last month's issue. Learn how you can maximize your training regimen with more effective exercises.

Last month we looked at sets, reps, rep ranges and rest intervals. Now that you understand how those variables affect your training, let's look into some terms to help you with the tempo of an exercise and exercise variations.

Tempo

Also called rep speed, tempo refers to the manner in which the repetitions of an exercise are performed. Each repetition is divided into four phases. The first number in the series is always the length (in seconds) of the eccentric phase of the exercise. The second number is the transition time between the eccentric and concentric phases. The third number is the length of concentric phase. The fourth number is the transition time between the end of the concentric phase and the beginning of the eccentric phase of the next rep.

Let's look at a 3-0-2-1 tempo for a bicep curl. You would perform the eccentric phase in three seconds (3). When you reach the bottom position, you don't pause (0) but go directly into the concentric phase, lifting the bar in two seconds (2). At the top of the concentric phase, you wait, squeezing the muscle for one second before lowering the weight again (1).

Compound

This consists of pairing two compound movements for the same muscle group (bench press and dips, for example). In the case of bench press and dips, if your triceps are stronger than your pectorals, you'll still rely mostly on them during both movements, and the chest might still be left under-worked. The only advantage to a compound superset is that you can work more than one part of the muscle in the same set; however, this is better accomplished with isolation movements.

Isolation

This refers to pairing two isolation exercises for the same muscle group. The purpose of this approach is to focus on several parts of a muscle at the same time. For this technique to work, you have to select exercises that actually work



different parts of the muscle. If you choose two movements targeting the same area, you're not getting full value from this technique.

Supersets

A superset is when you perform a set of two exercises back to back, without resting between them. There are several types of supersets, including pre-fatigue and post-fatigue.

Pre-fatigue refers to pairing two exercises for the same muscle group. The first is an isolation movement, and the second is a compound movement. An example for the chest would be to perform a set of dumbbell flies followed by a set of bench presses. The logic here is that in a compound movement, the target muscle isn't working alone and might not be fully stimulated at the end of the set.

By pre-fatiguing the target muscle, we increase the chance of fully stimulating it. For beginners, pre-fatigue is also good for learning how to feel a target muscle in a compound movement. For example, many people have a hard time feeling their pectoral muscles working when they bench press, and by pre-fatiguing the chest with an isolation movement you'll better feel the pecs in the bench press.

Post-fatigue is nearly the same thing as pre-fatigue, except that the exercise order is reversed; you start with the compound movement and then perform the isolation one. This also allows you to fully stimulate the target muscle but doesn't interfere with the amount of weight you can use during the big exercise.

In the next issue, we will focus on how to make your sets more challenging and increasing the volume of an exercise. Happy training!

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

Recipe Of The Month

Roasted Garlic Mashed Potatoes

(Great with grilled steaks!)



Serves 4

- 16 small new potatoes (also called red creamer potatoes)
- 1 head roasted garlic, pureed (method adjacent)
- ½ stick butter
- 1 cup heavy cream
- 2 pinches kosher salt
- Fresh ground pepper, to taste

1. Cut the potatoes in half and place in a large pot. If the potatoes are larger than the size of a golf ball, then cut into quarters instead.
2. Add cold water to just cover the potatoes, then add one pinch of salt to the water.
3. Bring the pot to a boil and simmer for 10 minutes, or until potatoes are just fork tender.
4. Drain the water from the pot and add the roasted garlic, butter, heavy cream, second pinch of salt and ground pepper.
5. Use a large fork or the blade of an electric beater and mash the potatoes by hand. Do not over beat the potatoes; be sure to leave some potato chunks for texture.

Roasted Garlic

1. Preheat oven to 350°F.
2. Place an entire head of garlic on a double-thick piece of aluminum foil (6 inches square).
3. Drizzle one tablespoon of olive oil and then sprinkle a pinch of kosher salt over the garlic head.
4. Wrap the garlic up tight in the foil so the oil does not leak out.
5. Place in the heated oven and cook for one hour.
6. Remove from the oven and let cool completely.
7. Cut the top of the garlic off at the largest end (where the grassy roots are). Squeeze out the garlic pulp and discard the shell.

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

Bon appétit! - Chef Mike



Keith Kantor, CEO of Service Foods, Inc., accepting the Pacesetter Award for being the second-fastest-growing company in metro Atlanta from Carol Cookery, president of Cookery Public Relations.

Southern Foods At Home's Parent Company Earns Prestigious Industry Honors

Southern Foods At Home's parent company, Service Foods, has recently garnered awards that acknowledge the company's ongoing growth and success.

First, the Atlanta Business Chronicle named Service Foods as the region's second fastest-growing private company in its Pacesetter Awards. The honor recognizes the company's significant growth in revenue over the past three years compared to other privately held companies in the area.

Service Foods also earned second place in the Gwinnett Chamber of Commerce's Top 25 Pinnacle Small Business Awards. The company was selected from more than 300 nominations and 50 finalists based on its financial growth, growth in number of employees, contributions to the community and original entrepreneurship. These awards come on the heels of the company being named to the Inc. 500/5000 list of fastest-growing private companies in America for the third year in a row, and company CEO Keith Kantor's recent selection to the Natural Products Association's committee for label specifications and product criteria for all-natural products.

"Whereas some companies are scaling back, Service Foods is offering a full-service approach to food, health and fitness that's always available to our customers 24/7," says Kantor. "My philosophy is to provide our customers with greater overall value than they can get anywhere else."

What Eating For Two Really Means

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as gestational diabetes, pre-eclampsia or premature birth. Of course, not every woman or pregnancy is the same, so women who are under- or overweight, or have medical issues should consult with their doctor to discuss the best daily calorie intake and weight gain goal.

Additionally, it's highly recommended that after giving birth new mothers consider nursing their babies. Nursing builds up babies' immune systems, and in terms of nutrition, breast milk is the best thing that can be fed to babies.

Moms will find other perks to nursing, including the fact that it's free, offers great bonding time, and will help them lose the baby weight faster. Nursing burns an additional 400 to 700 calories per day, so it's important that women who are

breast feeding are still eating enough, even if they are motivated to drop the baby weight. If nursing moms are too restrictive with their calorie intake, it can affect milk supply and create nutrient deficiencies for both mother and child.

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

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





Reorder All Your Favorite Items Today!

Nothing says summer like a barbecue! Try some juicy grilled steaks served served up with Chef Mike's Recipe of the Month, Roasted Garlic Mashed Potatoes. For this fantastic meal, be sure to order all your items today!

To place your order, contact your Southern Foods At Home food economist at 866-571-4921, email your food economist or order online at www.SouthernFoodsAtHome.com.

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Welcome To New Clients!

Here are some of our new clients who became members of our Southern Foods At Home family in the last month. I'd like to personally welcome you and wish you all the best:

Jeff & Kathy Austin; Donald & Rachel Barker; Kent & Rhonda Bartley; Nick & Tonya Beck; Donald & Pamela Blackley; Brian & Mary Beth Bouzas; Brenda Branson; Larry & Sandra Campbell; Rudolph Click & Constance McKoy; Sean & Lori Collisi; Leon & Denise Durand; Bob & Sue Falge; Dan & Vangie Gordon; Clemente & Janelle Henderson; Kathy Mabe; Darrice & Beth Monk; Arnica Mulder; Elizabeth Myers; Chrissy Neese; Mark & Mary Beth Pichon; Blake & Deborah Roberson; Robert & Margaret Rogers; Justin & Candace Trotter; Valorie Vencill; and Josh & Lorrie Wilson.

Southern Foods At Home Spotlight!

Thank you to our wonderful clients who referred their friends and family to Southern Foods At Home last month. You are the best, and we're grateful for your referrals! My heartfelt thanks to:

- > James Grubb of Anderson for referring Justin & Candace Trotter
- > Timothy & Jessica McClung of Salem for referring Joshua & Lorrie Wilson
- > Christopher Crusan of Graham for referring Christine Neese
- > Charles & Amy Woodward of Apex for referring Mark & Dawn St. Louis
- > Robert & Lynn Furrows of Blue Ridge for referring Charles Jonathan
- > Michael & Sara Shuler of Roanoke for referring Sean & Laura Collisi AND Steven & Sharon Rexroad

TWO REFERRALS!

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