



## Why less is m

THERE is no problem with indulging your sweet tooth on Valentine's Day as long as you don't overindulge, dietician Amanda Clark said.

Ms Clark, author of *Portion Control* and *Visual Weight Control Plan*, said that if people would buy chocolates in smaller quantities on Valentine's Day.

"When buying for a special occasion, choose something small like a mini-box of Guittard chocolates with a huge bunch of flowers," she said. "Individual chocolates with lingerie."

Chocoholics should not to eat the whole box. Research shows that people who ate quality chocolates were more likely to make people