

## My Sweet Valentine - the guide to enjoying chocolate

**W**hile chocolate is undeniably the gift of choice when it comes to showing your love on Valentines Day, it shouldn't give you licence to devour the whole box in one sitting, especially if you are watching your weight.

In fact, weight aside, enjoying only one or two really good quality chocolate is much more satisfying, especially if you totally give into the experience and savour every moment.

So on Valentines Day, you don't have to miss out completely - you can have your [chocolate] cake, and eat it too if you perfect your chocolate portions.

"When buying chocolate for

a special occasion, go for something small and divine like a mini box of Guylian Shells with a huge bunch of flowers," said Amanda Clark, author of Portion Perfection - a visual weight control plan.

"Or two individually wrapped or gourmet individual chocolates with lingerie."

Make the chocolate the trimming not the gift.

If you are given a box of chocolates remember that all calories are almost equal, so don't eat the whole box at once.

One chocolate generally has the same calories as an apple, only the nutrients differ.

And there's nothing sexy about feeling sick from too

much chocolate.

"Good quality, gourmet chocolate is one of life's pleasures and not meant to be rushed," said Amanda.

"Smell the chocolate - even the smell of chocolate makes a chocolate lover feel good.

Don't chew your chocolate, just let it dissolve in your mouth. That way you will

the freezer so you're not tempted to eat more than you took out to thaw," said Amanda

Remember, Valentines Day really is about love, but if you're lucky and cupid's chocolate arrow has hit you, enjoy your chocolate, one or two at a time.

