

## My Sweet Valentine - enjoying your 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,” says 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.

Try not to waste your time on poor quality chocolate as it will leave you feeling unsatisfied and reaching for more.