

Treats to impress

WHAT is the food of love?

Some say it is strawberries. Others lean more towards chocolates.

Here's a few of the arguments put forward by some consumer groups this year.

Lychee grower Ian Groves said the fruit would impress a loved one this February 14 because it was red, luscious and had a sweet taste.

There is more than the benefit of taste though, according to Mr Groves.

Seven lychees (one serve) contain as much vitamin C as a small orange and provide 100 per cent of the recommended daily intake of vitamin C.

Lychees are also ranked second behind strawberries in antioxidant levels.

Also falling into the de-

licious and beneficial category is the cranberry.

This can be included in an indulgent breakfast, packing into a lunchbox for morning tea surprise or served up a decadent dessert.

If you want to stick with tradition though, you can do so without harming your partner's waistline.

Enjoying only one or two good quality chocolates is

much more satisfying, especially if you total it into the experience, savour every morsel, says Amanda, author of *Portion-tion* – a visual weight control plan.

She suggested a Valentine's Day gift make the chocolate trimming not the



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TASTE SENSATIONS: Chocolates, fruit and liqueurs are all good to give on the day of romance.