

Happy Healthy Valentine's Day

February 2004

There are many healthy ways to say "I love you" this Valentine's Day!

Say It With Chocolate

Have you heard? The news about chocolate is sweet! Chocolate, particularly dark chocolate, contains antioxidants and flavonoids (similar to those found in tea, fruits and vegetables) that may decrease the risk of heart disease. Dark chocolate also contains less sugar and fat than milk chocolate. According to Dr. Kris-Etherton, Dietitian and Nutrition Researcher at Penn State University, "It's okay to eat dark chocolate in small amounts, as long as you eat an otherwise healthy diet and can afford the calories. Try eating it with nuts or fruit for more good fats and even more antioxidants." True, chocolate does contain caffeine, but not enough to cost you any sleep.

Say It With Music

Buy your sweetie a CD from their favorite musician, or even better, tickets to a concert. It's fun—not fattening!

Say It In Elvish

There are those who say that Elvish, the language of Middle Earth created by J.R.R. Tolkien, is the language of love—dreamy and romantic. Try these lines on your Valentine:

"Elen síla lúmenn omentielvo."

A star shines upon the hour of our meeting.

"Cormamin niuve tenna ta elea lle au."

My heart shall weep until it sees thee again.

"Vanimle sila tiri."

Your beauty shines bright.

And if your relationship is on the rocks, then "Auta miqula orqu"—"Go kiss an orc" should work perfectly!