



Eating Foods for Your Health Doesn't Have to Make You Feel Deprived

February is [American Heart Month](#) and the time when we celebrate Valentine's Day. This may seem contradictory since Valentine's Day often brings treats we may consider "unhealthy."

Well here's the good news! There are health benefits to red wine, dark chocolate and cheese if eaten in moderation. You and your Valentine can have your celebration with none of the guilt. Yahoo!

In moderation, red wine and dark chocolate are good health choices not just on Valentine's Day but for any occasion. Dark chocolate with a cocoa content of 70 percent or higher and red wine both contain resveratrol, which has been found to lower blood sugar. Red wine is also a source of catechins, which could help improve "good" HDL cholesterol.

In addition to many nutritional benefits, consuming cheese and other dairy products may help protect teeth against cavities, according to a recent study. "The higher the [mouth's] pH level is above 5.5, the lower the chance of developing cavities," explains Vipul Yadav, M.D.S., lead author of the study. Subjects who ate cheese showed a rapid increase in pH, suggesting that cheese has anti-cavity properties.

So the question you're all asking is, "How much can I have?" Well, as part of a heart-healthy diet, the answer is one to three ounces of dark chocolate and three to four ounces of red wine (one glass for women, two for men) per day. A serving of cheese is one and a half to two ounces.

[ScienceDaily.com](#) and [DentistryQ.com](#)



Recipe of the Month Chocolate-Franglico Fondue

Ingredients

- 1/3 cup Half-and-half
- 1/4 cup fat-free Milk
- 8 ounces semisweet or dark Chocolate, chopped
- 1 1/4 cups sifted powdered Sugar
- 2 tablespoons dark Corn syrup
- 2 tablespoons Frangelico (hazelnut-flavored liqueur)
- 2 cups quartered small Strawberries

Preparation

1. Combine first three ingredients in a medium saucepan.
2. Cook over medium-low heat for five minutes or until smooth, stirring constantly.
3. Stir in sugar and syrup. Cook 10 minutes or until mixture is smooth, stirring constantly.
4. Stir in liqueur, pour into a fondue pot and keep warm over low flame.
5. Serve with strawberries.

[MyRecipes.com](#)

Move of the Month – Push-Up High Five



Targets: shoulders, chest, biceps and triceps.

Want to see your workout buddy grunt through a set of push-ups with you? Use this exercise to work both of you at the same time:

1. Face your partner an arm's length apart. Get in push-up position, hands directly under your shoulders, legs extended, abs engaged.
2. Do a push-up, bending elbows 90 degrees. Push back up to starting position and give each other a high five, extending arm straight out rather than up.
3. Complete reps until fatigued.

[FitnessMagazine.com](#)