

## This Weeks Topics

Healthy  
Valentine's  
Day Ideas

Easy and  
Healthier Fondue  
Recipes

Exercise of  
the Month

### What Are Some Healthy Valentine's Day Treats?

There are many options to handle a calorie-filled holiday; you could take the traditional approach of offering your significant other some rich, delicious chocolate confections. Dark chocolate contains heart-healthy antioxidants and, savored in small doses, absolutely fits into a weight-friendly diet. Take the time to whip up a batch of "bite-sized" chocolate treats and gifts become even more meaningful. Another tasty (but trim) option: chocolate fondue (see reverse side).

Or, you could always go for the campy approach. Package up some almonds (which have as many antioxidants as a serving of broccoli or green tea\*) and add a silly "I'm nuts about you" note. Recycle an Altoids box (cover the top with your note): the tin is the perfect container for an ounce of almonds (approximately 22 nuts), which pack a satisfying carb-and-protein combo for only 170 calories. And when your loved one keeps refilling the tin with almonds for an afternoon snack, the box becomes a daily reminder of how much you care.

Cheesy? Absolutely. (That's the point!) But thoughtful and healthy all the same.

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\*2006 study in Journal of Agricultural and Food Chemistry

### Patient Appreciation Day

**FREE** Chiropractic Care!

Thursday, February 12<sup>th</sup>

Current patients receive **FREE** adjustments!

Refer a friend; New Patients get a **FREE**

**EXAM** worth over \$100 and

**YOU** get a \$25 Baze Gift Certificate!

### Lab-Tested Belly Flatteners

Two Moves That Will Give You a Firm Stomach

For a firm, flat belly, think outside the crunch: Experts say the best moves are those that engage the deepest stomach muscles which pull in your waistline like a corset.

Researcher Michele Olson, Ph.D., an exercise physiologist at Auburn University, found that the exercises shown below are "tops" in targeting the key muscles. Perform each exercise three times a week for the best results.

#### The Hundred

- Lie on back with arms at sides, palms down, knees bent to 90 degrees.
- Raise head, lifting upper back and arms a few inches, and engage abs.



Pulse your arms up and down an inch to a count of 5 as you inhale; then exhale for 5 pulses. Repeat 10 times for a total of 100 pulses.

#### Double Leg Stretch

- While lying on your back, lift shoulder blades, engage abs, hug knees toward chest with your hands on shins as you exhale.
- Extend legs forward while bringing arms back, forming a big V as you inhale.



Return knees to chest; repeat 8 to 10 times.

*Natalie Gingerich, Prevention*

## Chocolate Fondue With Espresso

High Fiber, Low Sodium, Low Cholesterol

The chocolate will stiffen if it gets cold, so enjoy it while it's still warm. Skewer and dip anything you like—pear slices, even dried fruit.

Makes 2 servings  
TOTAL TIME: 15 minutes

3 ounces bittersweet chocolate, chopped  
2 tablespoons heavy cream  
1 tablespoon brewed espresso (see Kitchen Tip)  
1/2 teaspoon vanilla extract  
Pinch of salt  
1 banana, peeled and cut into 8 pieces  
8 1-inch chunks fresh pineapple  
4 strawberries

1. Place chocolate, cream, espresso, vanilla and salt in a medium microwave-safe bowl; microwave on Medium, stirring every 20 seconds, until melted, 1 to 2 minutes.  
2. Pour the chocolate mixture into a serving bowl. Serve with fruit.

**NUTRITION INFORMATION:** Per serving: 345 calories; 19 g fat (10 g sat, 2 g mono); 20 mg cholesterol; 54 g carbohydrate; 4 g protein; 7 g fiber; 81 mg sodium; 382 mg potassium.  
Nutrition bonus: Vitamin C (90% daily value).  
3 Carbohydrate Servings

Exchanges: 2 fruit, 1 carbohydrate (other), 4 fat

**TIP:**  
Kitchen Tip: If you don't have an espresso maker, look for instant espresso powder at your supermarket.

**MAKE AHEAD TIP:** Equipment: Fondue forks or bamboo skewers

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## Chocolate Fondue With Hazelnut

High Fiber, Low Sodium, Low Cholesterol, Low Sat. Fat, Heart-Healthy

The classic combination of chocolate and hazelnut is the perfect dipping sauce for any combination of fruits and cakes.

Makes 6 servings  
TOTAL TIME: 20 minutes

Chocolate-Hazelnut Sauce  
*recipe to the right* →  
1 pint strawberries  
3 kiwis, sliced  
2 oranges, peeled and sectioned  
5 1/2 ounces cubed angel food cake

Place Chocolate-Hazelnut Sauce in a bowl in the center of a large platter. Arrange strawberries, kiwi slices, orange sections and angel food cake cubes around the sauce. Serve with toothpicks or fondue forks.

**NUTRITION INFORMATION:** Per serving: 285 calories; 4 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 61 g carbohydrate; 4 g protein; 6 g fiber; 175 mg sodium; 239 mg potassium.  
Nutrition bonus: Vitamin C (140% daily value), Fiber (25% dv).  
3 1/2 Carbohydrate Servings

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## Chocolate-Hazelnut Sauce

Low Sodium, Low Sat. Fat, Heart-Healthy

This ultra-quick sauce can make any night a special occasion. We especially like it with strawberries, pears, or coffee-flavored frozen yogurt.

Makes about 1 cup  
TOTAL TIME: 5 minutes

2/3 cup fat-free chocolate syrup  
1/4 cup chocolate-hazelnut spread, such as Nutella  
Stir chocolate syrup and chocolate-hazelnut spread together in a small saucepan over low heat until smooth and warm. Serve warm or at room temperature.

**NUTRITION INFORMATION:** Per tablespoon: 58 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 11 g carbohydrate; 1 g protein; 1 g fiber; 15 mg sodium.  
1 Carbohydrate Serving

**MAKE AHEAD TIP:** Cover and refrigerate for up to 3 weeks.

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Check out our product line from Innate Choice including Probiotics, and 2 forms of Omega-3 Fish Oil

