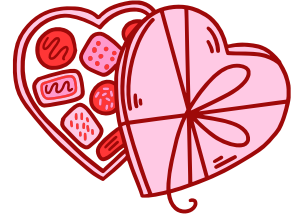




ROMANTIC, HEALTHFUL FOOD FOR VALENTINE'S DAY



Choose **dark chocolate** with a high cocoa content (70% or more). Dark chocolate contains antioxidants and may have heart-healthy benefits.

Berries like strawberries, blueberries, and raspberries are rich in antioxidants and vitamins. They can be used in desserts and salads or enjoyed alone. The vibrant colors can be used to add a lot of romantic color.



Nuts, such as almonds or walnuts, can be a healthy snack or a part of a homemade gift. They provide healthy fats, fiber, and various nutrients.

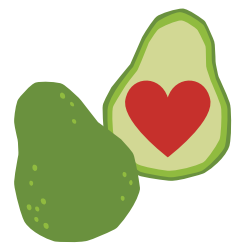
If you and your partner enjoy a drink, **red wine (in moderation)** has been associated with certain heart-healthy benefits due to its resveratrol content.



Fatty fish like salmon are rich in omega-3 fatty acids, which are beneficial for heart health. Not only is salmon a beautiful coral color, but its fatty flesh is delicious while being super easy to cook.



Avocado is a nutrient-dense fruit rich in heart-healthy monounsaturated fats. It can be used in salads and dips or even as a dessert ingredient. Shape the slices of avocado like a heart for a nice touch.



Create a delicious and healthy **parfait** using Greek yogurt, fresh fruits, and a sprinkle of nuts or granola for added texture. This makes a special breakfast or dessert that says “I love you.”

Make a nutrient-packed **quinoa salad** with colorful vegetables, herbs, and a light vinaigrette. Quinoa is a good source of protein and other essential nutrients. This can be great topped with your favorite poultry or fish protein.



Prepare colorful **vegetable skewers** for a light and healthy appetizer. Grill or roast them and serve with a tasty dip.

Create a refreshing and nutritious **smoothie** with a combination of fruits, vegetables, and a base like yogurt or almond milk.

