Happy February! This is American Heart Month, designated by the American Heart Association to help us remember we can take positive steps to prevent heart disease. This month also brings us Valentine’s Day, which for some means planning a romantic evening while for others means spending time with friends. We hope you enjoy our tips and the recipe on the following page to keep you and your loved ones healthy!

Chocolate: The Traditional Valentine’s Day Food

This Valentine’s Day, more than 35 million heart-shaped boxes of chocolate will be sold. And just because you are trying to make healthy food choices doesn’t mean that you can’t indulge. Here are a few tips that can keep chocolate from being damaging to your diet.

- Chocolate for heart health? Yes, dark chocolate is high in antioxidants, which may increase overall heart health and reduce cholesterol and blood pressure.
- If you don’t typically eat dark chocolate, start with semi-sweet, which is 60% bitter chocolate and 40% sugar. This is more cocoa than milk chocolate and, unlike milk chocolate, it contains no dairy.
- Try to choose chocolate that is 65% or higher cocoa content - the higher the percentage, the more antioxidants.
- Enjoy in moderation! 1 oz. is the recommended serving size.
- Sugar or chocolate craving? Try drizzling your favorite fruit with melted chocolate or chocolate syrup.

Top Nutrition Tips for a Healthy Heart

- Eat more vegetables
- Eat more fruit
- Eat whole grains instead of white or processed grains
- Eat fish at least twice a week
- Reduce sodium / salt intake
- Decrease saturated fat intake
- Decrease trans fat intake

For more info, visit www.heart.org and watch for our next newsletter with specific portion recommendations!
Physical Activity is key to a healthy heart! Try a Valentine's date that is active. Some ideas include:

- Go for a hike and take a picnic.
- Ride bikes to a coffee shop.
- Do a fitness class together.
- Go dancing.
- Play a sport indoors, such as volleyball or badminton.
- Go to a rock climbing gym.
- Shoot some hoops or play tennis.
- Go bowling.
- Play laser tag.
- Go ice skating or snowshoeing.

Upcoming Events at the KANC

International Dining Series

- February 13: Germany
- March 13: Poland
- April 17: France

Time: 12 - 1 PM or 6 - 7 PM
Location: 114 Gifford Building on CSU Campus
Cost: $20.00 per class; $10.00 for CSU Students and Employees

Register at
www.nutritioncenter.colostate.edu

Bittersweet Chocolate Pudding with Raspberries

Here is a delicious dessert that includes both chocolate and antioxidant-rich berries. It’s not low calorie so you may want to make it into 8 portions instead of 4. Hope you enjoy it!

Ingredients
- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1 teaspoon vanilla extract
- Dash of salt
- 1 large egg
- 1 large egg white
- 1 cup skim milk
- 1/2 cup evaporated fat-free milk
- 2 ounces bittersweet chocolate, chopped
- 1/2 cup raspberries

Nutrition for 1/2 cup serving (serves 4)
Calories: 204  Carbohydrate: 30.7g
Fat: 6.7g  Fiber: 2.2g
Saturated Fat: 3.7g  Protein: 7.5g

Preparation
- Whisk together the first 6 ingredients in a medium bowl.
- Heat milks in a medium saucepan over low heat, and bring to a simmer (not boil). Remove pan from heat and add bittersweet chocolate, stirring until chocolate melts.
- Gradually stir about one-quarter of warm chocolate mixture into egg mixture. Once combined, add entire egg mixture back to pan with remaining chocolate, stirring constantly.
- Turn heat to medium and cook about 5 minutes, or until mixture is thick and creamy, stirring constantly.
- Pour pudding into a bowl, covering surface with plastic wrap. Chill. To serve, remove plastic wrap and top with raspberries.

Recipe adapted from Cooking Light
Photo from Google Images