

Valentine's Day Checklist

Valentine's Day is when friends and lovers celebrate their relationships with cards, candy, flowers, gifts and food.

This checklist can help you plan a romantic encounter for you and your valentine.

♥ Before the Big Day

Don't take their breath away. Find out if your valentine has any food or flower allergies before making a purchase or reservation.

Make a date with your heart. February is American Heart Month. Take some time before Valentine's Day to make sure your heart is healthy.

♥ Dining Out

Have a colorful meal. Order a meal with plenty of red vegetables. Not only are they delicious, but they provide a wide range of vitamins, minerals, fiber, and other important nutrients.

Get your date home safely. If you drink alcohol, do so in moderation and have a designated driver or cab take you home.

♥ Eating In

Prepare a romantic and healthy meal. Show your love by serving a delicious and healthy meal. Colorful ideas include dishes with strawberries, raspberries, watermelon, tomatoes, red peppers, red beans, or red cabbage. Many foods can be shaped with a heart cookie cutter.

♥ The Grand Finale

Watch the sparks. If you want to set the mood with candles or a cozy fire, don't leave them unattended if you get busy.

Choose your chocolate wisely. If Valentine's Day isn't complete without chocolate, choose dark chocolate instead of milk chocolate. The dark variety has antioxidants and may help lower blood pressure.

Take a walk. Enjoy a leisurely stroll with your valentine. It will give you an excuse to hold his or her hand and you'll burn off calories from your romantic dinner.

