

WW | food news



the gift of love

Since chocolate is said to be an elixir for love, Fidani's gourmet range makes a perfect Valentine's gift. Order the Edible Heart Shell Chocolate Treasure Case and fill it with your favourite Fidani chocs. Make it extra special with a message in chocolate on the shell. Prices from RM30. Call 03-5513 8823 or e-mail info@fidani.cc to order. Visit www.fidani.cc for details.



antioxidants in red wine and up to three times that in green tea. And according to the Chocolate Manufacturers Association, dark chocolate, with its high cocoa content, has eight times more antioxidants than strawberries!

CHOC-FULL OF GOODNESS

Chocolate contains essential elements such as iron, calcium and potassium, as well as vitamins A, B1, C, D and E. Cocoa powder is also the highest known natural source of magnesium which helps heart and joint problems and pre-menstrual tension. Other research indicates chocolate may help persistent coughs and soothe throats.

IT MAKES YOU HAPPY

Cocoa contains phenylethylamine and serotonin which trigger the release of endorphins or feel-good chemicals in the brain. Eating chocolate delivers a "lift" to your mood and mental state. It's no wonder we often reach for a bar when we're down.

While nutrient-rich, chocolate is also high in sugar and calories, so don't expect to gobble it down and stay trim. Moderation is key, and it's good to maintain a balanced diet. As with most good things in life, when you limit your intake of chocolate, the pleasure in every bite is even sweeter! **WW**

chocoholics rejoice

Indulge in your favourite comfort food as you reap its benefits too! by Elizabeth Soong

Chocolate has long been associated with pleasure – and guilt. But the good news is studies have shown it contains a surprising number of ingredients beneficial to your health, so chocolate, particularly the plain dark ones containing 70 percent or more cocoa solids, is actually good for you as long as it's taken in moderation.

THE ANTI-AGEING FACTOR

Chocolate is a cocoa-based product, and cocoa beans are high in flavanols, part of a family of antioxidant flavonoids, protecting against free radicals that cause ageing, cancer, atherosclerosis and neurodegenerative diseases such as Parkinson's and Alzheimer's. In fact, cocoa has been found to have nearly twice the

SMS & WIN!

We are giving away 15 Fidani chocolate hampers worth RM100 each. Every 10th SMS entry wins!

HOW TO WIN: Send this SMS to 32733: MWWW-space>FC-space>NRIC-space>NAME (Example: MWWW FC 800505142222 SUE LIM). Each SMS costs RM1. Closing date: February 10, 2008. Participants below 18 years of age should seek parental consent. Winners notified by SMS. Employees of ACP Magazines Pte Ltd, all sponsors and their advertising agencies not eligible for entry. Prizes not exchangeable for cash. Winners outside the Klang Valley will have to bear all postage and handling costs.