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## The Best and the Worst Valentine's Day Treats!

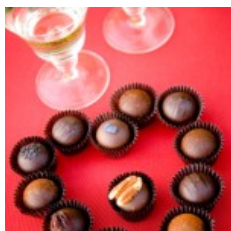
Posted on [February 9, 2010](#) by [earthfare](#)

### Part one of our NEW Series: Trades to Make YOU Healthier!

You may love your Valentine, but beware of the treats below (treats full of **high fructose corn syrup and artificial colors**)...

Here are 5 popular sweets & treats to **AVOID** giving your Valentine:

- M&M's – Sorry the age-old classic candies that melt in your mouth are chock-full of artificial coloring!
- Cheesecake Factory's Fudgy Wudgy Italian Cream Torte – Thinking of a romantic dinner full of tempting cheesecake – think again (this torte is full of High Fructose Corn Syrup!)
- Necco Conversation Hearts (Sweethearts) – No better way to say, "I love you," than with artificial coloring!
- Hershey's Chocolate Bar – A moment on the lips = high fructose corn on the hips!
- Whitman's Chocolates – With artificial coloring, you'd have to be a dim-"whit" to get this for your Valentine!



To show the ones you love how much you really care, give any of these 6 recommended items that have **NO**

## **high fructose corn syrup, NO trans fats or NO artificial colors/flavors.**

These are treats that say **REAL** love (and health):

- Earth Fare Organic Truffles – What's better than Truffles? **FREE** Truffles. [Click here to print the coupon!](#)
- Organic Dark Chocolate by Green and Black
- Organic Cherries (Dip in some organic chocolate for a real special treat!)
- Buckwheat pancakes in the shape of a heart
- Chocolate covered strawberries – [And, they're on sale for \\$0.99 each!](#)
- Surf and turf –Love animals, love your health...humanely treated. [Click here to print the coupon!](#)

Happy and healthy eating this Valentine's Day!

This entry was posted in Uncategorized and tagged [artificial colors](#), [healthy food](#), [High Fructose Corn Syrup](#), [Holidays](#), [Valentine's Day](#). Bookmark the [permalink](#).

### **One Response to The Best and the Worst Valentine's Day Treats!**



**Meli** says:

[February 14, 2010 at 12:35 am](#)

The organic truffles are delicious!! My boyfriend got me gorgeous yellow roses to go along with them as well 😊 Great coupon!

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