

Sweet Valentine's Day Swaps

So Valentine's Day is right around the corner, and along with all those Hallmark cards and flowers comes the boxes of chocolate, conversation hearts, and other tasty temptations. This year you don't have to avoid all these yummy treats, or feel guilty when you indulge. We have come up with Valentine's Day sweet swaps you can use.



Instead of...	Try...	Save...
Plain Cheesecake 410 calories	Chocolate fondue with strawberries and bananas 250 calories	160 calories
French Nougat 125 calories	Chocolate Covered Cherry 80 calories	45 calories
M &M's (fun size) 100 calories	15 Conversation Hearts 45 calories	55 calories
White Chocolate (2oz.) 350 calories	Dark Chocolate (2oz.) 290 calories	60 calories
4 Caramels 160 calories	4 Caramel Hershey Kisses 105 Calories	55 calories
Skittles (fun size) 80 Calories	22 Red Hots 49 Calories	31 calories
1 slice yellow cake with icing 400 calories	1 slice angel food cake with ¼ cup strawberries and whip cream 185 calories	215 calories