

Cheers to Wine & Food

The most delicious minute on radio

Produced by Paul Carfagnini



Dita Von Teese Takes a 'Dip' at the launch of the new Altoids Dark Chocolate Dipped Mints just in time for Valentine's Day. (PRNewsFoto/Altoids)

Dark Chocolate Good for Heart

It sounds too delicious to be true, but the good news is suggesting chocolate is heart healthy. Studies show dark chocolate offers benefits to heart health. Dark chocolate - specifically cocoa powder - contains antioxidants that are protective to the heart. Studies show that dark chocolate can help decrease blood pressure levels, hence lowering the risk of heart disease.

Keep in mind that studies used only dark, unsweetened chocolate - relatively low in both fat and sugar. Dark chocolate is quite different from the standard sweet, rich, milky chocolate that is commonly found in chocolate bars and candy.

In fact, the studies showed that milk chocolate and white chocolate do not offer the same heart health benefits that dark chocolate offers, because they don't contain the same level of antioxidants paired with a huge array of sweet wines like Spanish ports.

Tips to eat well drink well and live well

February is the love season on Valentine's Day, followed by festivities on Mardi Gras, Fat Tuesday, or Carnivale. February is also Heart Health month. Tune in to our radio program for quick tips on a range of topics:

- Good fats for heart health
- Heart healthy meals
- Aphrodisiacs avacados, basil, chocolate, mustard, and oysters among other love foods
- Carnevale Party Tips and Drink Recipes

For a list of affiliate stations playing our radio vignettes and a schedule of broadcast times see the list on page 4 or visit CheersToWineAndFood.com

Heart Health Tips

Here are a few tips to help keep the heart ticking so we can enjoy the good times.

Healthy meals can help us control our weight and manage blood pressure, blood sugar and cholesterol - healthy levels will all help to reduce risk of heart disease and stroke in general. Eat foods that health experts consider heart-healthy. Foods high in fibre may reduce heart disease risk by lowering the absorption of cholesterol into the blood stream.

So stock up with oats in your meals. Eat brown bread baked with oats. Try oatmeal in the morning with milk and brown sugar. Feast on fat-free baked apples for dessert.

The heart of the matter is that we want you healthy so you can dance up a storm at the Mardi Gras festivities.



Honey for your sweetheart

Ever wonder why newlyweds call it a honeymoon? Wedding traditions in some cultures include the offering of honey to a bridegroom and even the term "honeymoon" stems from an ancient tradition of couples going into seclusion and drinking a honey concoction until the first new moon of their marriage. Known as an aphrodisiac extraordinaire as far back as the fifth century B.C., even Hippocrates prescribed honey for sexual vigor.

On the wine side, here's a tip compliments of our friends at the Wine Market Council. Expert Andrea Immer says birds, bees and lovers would find a brunch of honey-drizzled hotcakes irresistible with Italian or California bubbly from the Moscato grape. They are typically frizzante, meaning just a slight bubble, and very light in alcohol, making them perfect for a romantic wakeup-together brunch.

Oysters and Champagne

For a Valentine's Day dinner, wine is a perfect partner for the classic love foods, and the vino inspires a romantic mood. Wine expert Andrea Immer Robinson has teamed up with the Wine Market Council to share wine pairings for some favorite legendary love foods.

Thinking oysters? The Romans enjoyed oysters as an aphrodisiac food in the second century A.D. Stories on aphrodisiacs recount how legendary lover Casanova ate fifty raw oysters every morning with his lady du jour. In fact, oysters are loaded with protein and packed with zinc, which can boost the sexual health of both men and women.

For wine, the racy acidity in champagne or sparkling creates a sexy flavor counterpoint to the sea-brininess of oysters, while the elegant "bead" of bubbles streaming in the flute glass is like a string of pearls.

Aphrodisiac Foods for Valentines

Spark the passion for Valentine's Days and flash the February fires of love with oysters, ginger, honey, among other aphrodisiac specialties. Food, love and sex have been intertwined since the Garden of Eve. From Adam's love apple, to the Ancient Greeks when they documented the seductive powers of food in the first century AD.

If you're dining out for Valentine's, here's a tip to celebrate with a seductive selection of popular aphrodisiacs. Check the restaurant menu for any oyster dishes, look for fried clams and oysters, or raw oysters on the half shell. Ginger is also powerful aphrodisiac so check the menu choice for roasted ginger salmon or anything ginger. Honey, chocolate, and almonds are ingredients in many desserts.

On the other hand, if the foods don't turn on the passion, the worse case scenario is you savour a culinary joy.



Chocolate Love Food

Owing its aphrodisiac beginnings to the Aztecs and the Mayans, chocolate was considered "nourishment of the Gods" and the Aztec ruler, Montezuma, reportedly drank fifty cups of chocolate each day to better serve his harem of 600 women.

Also a regular part of Casanova's diet of love foods, today we know that chocolate also contains PEA (phenylethylamine), the same naturally occurring amphetamine that rushes through the veins of someone experiencing the situation known as love.

Wine expert Andrea Immer Robinson says love can be bittersweet, and so are the best wine-and-chocolate marriages. Deeper, bittersweet chocolates with a high percentage of cacao create amazing flavor fireworks when paired with a huge array of sweet wines like Spanish ports.



Valentine's Day Gifts

Convenient Time saver - Unique Selection - Guaranteed Quality

Lover's Fondue - Hearts of Love Cake - Love Bucket - Wine Baskets and more

See our Valentine's Day gift ideas on CheersToWineAndFood.com



Valentine's Love Potions

Whether you are head over heels in love, starting an exciting new relationship or just enjoying the single life, Valentine's Day provides the perfect excuse to celebrate.

And what better way to celebrate Valentine's Day than with tantalizing cocktails to suit your passion personality? This year, Cupid's checklist includes ultra sexy Pearl Pomegranate Vodka.

BETTER THAN SEXTINI (you decide!)

1.5 oz. Pearl Pomegranate Vodka

1.5 oz. of White Crème de Cacao

Pour ingredients into a martini shaker and fill with ice. Shake and strain into a martini glass. Garnish with a lady finger.

CUPID LUSTINI

1.5 oz. Pearl Pomegranate Vodka

4 oz. Chilled Champagne Splash of grenadine

Pour Pearl Pomegranate Vodka into a flute glass and add champagne to fill. Add a splash of grenadine and garnish with a maraschino cherry.

STILL SINGLETINI

1.5 oz. Pearl Pomegranate Vodka

1/2 oz. Amaretto 2 oz. orange juice

Splash of grenadine

Shake well with ice and strain into a chilled martini glass. Garnish with an orange slice.

Courtesy of Pearl Pomegranate Vodka, winner of the "Best Flavored Vodka" award at the 2007 World Beverage Competition.



Gift Idea -- Love Bucket

Unveil the pleasure of fine champagne as you indulge in the decadence of pure chocolate. Melt pieces of our delicious chocolate in your mouth while sipping the champagne allowing the flavors of each to meld together for a tasty and indulgent sensation! Add to your decadent evening with chocolate truffles in a red satin heart box and spicy cinnamon candies all tucked away in a stunning silver champagne bucket. For U.S.A. recipients.

Buy this gift on www.CheersToWineAndFood.com for delivery to U.S.A. recipients

Cheers to Wine and Food

Heart Healthy Meals

How do you enjoy nutritious heart healthy meals when you're on the run? I eat a lot of meals on the fly, but I maintain good nutrition by making smart choices, and look for restaurants that serve healthy options. Here is a quick tip for healthier choices when you're on the run. Grilled foods are usually much lower in fat and calories than deep-fried, or crispy foods. A battered, deep-fried chicken sandwich for example, may have more than twice as much fat as a grilled chicken sandwich. Try grilled meats, poultry, fish and veggies instead. When traveling, it's easy to forget about eating well. Plan to eat at least every four to five hours, whether you're on a plane or in the boardroom. Pack healthy, travel-friendly snacks such as fresh fruit, cut-up vegetables, lower fat granola bars and dried fruits and nuts.

Good Fat in Our Diet

Fat Tuesday is celebrated annually in February, but Good Fat Day should be everyday to help us with heart health. Sure everyone needs some fat in their diet, but experts advise us to avoid too much of the saturated fat and trans fat. That's bad fat. These bad fats may crank up your cholesterol and trigger heart problems. On the other hand, good fats such as monounsaturated fat and polyunsaturated fat, are linked with heart health. Monounsaturated fat is known to improve blood cholesterol levels. This fat is found in different oils such as Crisco Canola Oil, which is a great heart-healthy choice because it is also low in saturated fat. Next time you need a salad dressing or marinade look for a recipe that calls for canola oil. Now if we focus on Good Fats everyday, we can party it up and enjoy all the festivities on Fat Tuesday.

Cheers to Wine and Food

Cheers Radio Guide

Listen daily to our affiliate radio stations to hear the full series of tips. We spice up the airwaves with the most delicious minute on radio. Get a station in your area to broadcast our show, and we will gladly play the daily tips. For affiliate information visit: www.cheerstowineandfood.com/Affiliate_Info

St. John's Nfld., 101.1 Coast FM, Mo-Su, 5:35 p.m.

Antigonish, N.S. X-FM 98.9, 11:30 a.m.

Halifax, N.S. Seaside FM 94.7 10:40 a.m , 7:40 p.m.

Montreal, Qu: 105.1 Mike FM M-F 10:57 am, 4:55 pm Sa 5:55 pm, Su 9:05 am

Massena, NY: WYBG 1050, 10:44 a.m.

Belleville, On: Mix 97, M-F, 11:40 am

Trenton, On: Rock 107, M-F 10:50 am

Haliburton, On: Canoe FM, 100.9 M-F, 5:10 pm

Simcoe, On: CD 98.9, Mo-Fr 3:25 pm

Niagara, On: 91.7 GIANT FM, Mo-Su, 7:25 p.m.

Waterloo, On, CKWR 98.5, M-F 9:20 am Sa 10:40 am Su 5:40 pm

Sturgeon Falls, On: CFSF, 99.3 FM 4:15 p.m.

Thunder Bay, On: 580 CKPR, 7:20 am 3:50 pm

Nipawin, Sask, The Storm, 94.7, 1 p.m.

Camrose, Alberta, 98.1 CAM FM, 11:20 a.m.

Tofino, B.C, The Bear 90.1, Mo-Su, 12:20 and 4:20 pm

Ucluelet, B.C., The Edge, 99.5, Mo-Su, 12:20 and 4:20 pm

Duncan, B.C. 89.7 SUN-FM, M-Su, 4:15 p.m.

Victoria, B.C. 98.5 Ocean FM, Sa-Su



Host A Wine Awards Party

Is it just me, or is winter a wonderful season full of awards. There's the glamour, elegance, drama and suspense of the awards in Hollywood. The top awards ceremonies in the world of entertainment add some sizzle to the long months of winter. We have the Grammys and the Oscars, but I am shining my spotlight on the numerous wine awards events and a chance to taste some of the winners.

Cuvee is a red carpet celebration of the best Ontario wine and food. The event runs February 29 to March 2, and is promoted as the "Oscars" of the Ontario wine industry as the winemakers select the winners. Wine events in B.C., Ontario's Prince Edward County, or the biggy in San Francisco and others across the U.S.A. provide us with fantastic tasting experiences. It just doesn't get any better.

Now here is an idea, get some friends together for a wine party and do a blind tasting of some award winners from a competition and compare notes with the official scores. When it comes to wine appreciation, you be the judge.

Contact Us

We welcome your comments and information.

Paul Carfagnini, Producer, Divine Media

Phone: 905-328-5296

E-mail: paul@cheerstowineandfood.com

Belgium - France - Germany - Italy - Switzerland - The Netherlands - U.K.



Send the Cheers Deluxe Tray to Your Recipient in Europe

Our elegant, large, dark wood finish box includes a bottle of 2001 Chateau Bauduc Bordeaux Superieur and a bottle of 2004 Chateau Bauduc Bordeaux Blanc Sec. Assorted Chocolate Covered Nougat mix and Belgium's fine Destrooper Butter Crisp cookies complete this gift suitable for any occasion.

See an international selection of gifts on www.CheersToWineAndFood.com