

10 Tastes to Tempt your Date

There is a white wine from Western Australia that has a sweaty aftertaste – a slightly salty, human flavour. It's the most erotic drink I've ever sipped.

When we're on a date, we tend to focus on looking good and sounding sultry (or at least engaging). But the food and drink that pass our lips can turn a standard night out into a sexy culinary experience.

For your delectation, here are ten tastes to tempt even the most reserved dinner date:

1. Oysters – freshly shucked with lemon and pepper – are a bold way to begin an evening. Oysters are high in zinc for sexual drive, and Casanova is said to have eaten 50, raw, every morning to give him the stamina he needed to satisfy all his lovers.
2. Bellini. Invented in 1948 in Venice, Italy, the Bellini is a mix of sparkling wine and peach puree. The perfect glamorous cocktail.
3. Antipasto. A must-have starter for two. With those semi-sundried tomatoes, glistening artichoke hearts, stuffed olives and sardines, it's like nibbling one another with every bite.
4. Fresh figs. Think pink and fleshy. Need I say more?
5. Berries. A mixture of blueberries, raspberries, and strawberries doesn't just look spectacular; the berries are high in vitamin C, which is good for relieving stress.
6. French Brie. Creamier than the foreign imitations. Settle for nothing less.
7. Asparagus spears. Not just a sexy, long, phallic-looking food, asparagus is rich in potassium, phosphorus, calcium, and vitamin E that can help us produce hormones and raise our energy levels.
8. Gin martini. Just to be able to say 'Shaken, not stirred'.
9. Shellfish. Containing phosphorus, calcium, iodine, iron, vitamin B and glyco-phosphates, shellfish are considered the strongest aphrodisiac.
10. Lucky last (my favourite) – dark Belgian chocolate. Experts say just the smell of chocolate releases hormones that stimulate sexual desire.

Caption: Oysters are high in zinc for sexual drive.

Next time you're chatting away on [Online Dating](#) you may want to slip a few of these into your conversation.

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About the Author

Brett Smith is not your average health and [online dating](#) expert. He has some interesting and controversial views on health for [singles](#).