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sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Are food products safe to use in the sack?"

Q My guy and I talked about using food to spice up our sex life. Is it okay to do that, and if so, what kinds of food should we use?

A Incorporating various food products into foreplay is a great way to whet your sexual appetites. You might want to start by feeding each other succulent fruit, like peaches or melon, and then use your tongues to wipe the juice off each other's mouths. If you have a sweet tooth, dribble some chocolate sauce on your man's abdomen, then slowly lick it off. Or, have him squirt a trail of whipped cream on your inner thighs and lap it up when he's done. There's also the hot-cold combo: Take a sip of hot water or tea and go down on him for a little while. Stop, take a bite of ice cream or suck on an ice cube, then continue to give him oral pleasure. The difference in temperature will send him through the roof.

You can pretty much experiment with whatever edibles suit your tastes, though stay away from things like chili peppers or anything that's too hot or spicy. Also, make sure you use food externally only and don't let any get too close to your vaginal opening or the tip of his penis. If it gets inside you or your man, it can introduce bacteria and cause irritation or an infection. And, if you use anything that might contain oil, be careful that it doesn't come into contact with latex condoms, since oil causes latex to deteriorate.

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