# LIFE IS LIKE A BOX OF CHOCOLATES

Dark chocolate is believed to be good for a person's health—and it's true, within reason. Eating dark chocolate in moderation will **lessen the risk** of cardiovascular disease and stroke, and **lower rates of heart attack and heart failure**, along with other health benefits.





## HOW DOES IT WORK?

**The darker, the better**. The reason behind this is because dark chocolate contains **less sugar and milk additives** when compared to other types of chocolate. With less of these ingredients, the cocoa bean and the **healthy antioxidants** found in it are the main focus, which is what makes dark chocolate heart-healthy.



# WHAT MAKES IT HEALTHY?

#### POLYPHENOLS

lowers bad cholesterol, protects against vascular oxidative stress, improves artery function, and lessens the risk of cardiovascular disease. FLAVONOIDS

reduces the risk of cardiovascular disease, stroke, certain cancers and other chronic diseases.



helps manage heart disease and produces nitric oxide that regulates blood flow by widening arteries and blood vessels.

### WHAT DOES THIS MEAN?

A bar of dark chocolate **still has fat and calories in it**, so eating too much will result in negative health effects. Chocolate that is **unsweetened** and **closer to its original form** should be chosen over sweetened chocolate.

Go ahead and **savor the treat**, though. A small amount of dark chocolate a day is good for you and your heart!

CARDIOVASCULAR GROUP