

HELP YOUR HEART & EAT A PIECE

# 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.



**LESS RISK**

OF CARDIOVASCULAR DISEASE



**LOWER RATES**

OF HEART ATTACK & HEART FAILURE

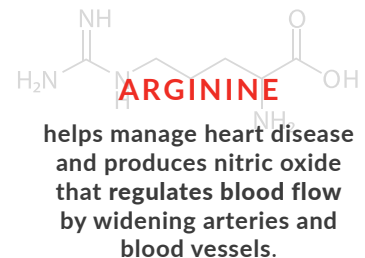
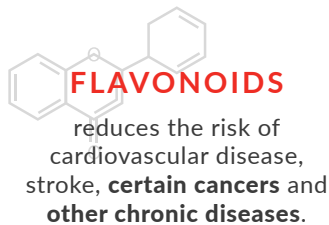
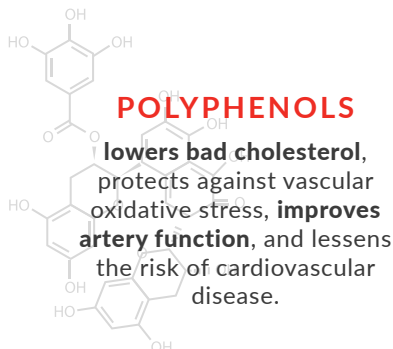
## HOW DOES IT WORK?

**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.

THE DARKER

**THE BETTER**

## WHAT MAKES IT HEALTHY?



## 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!