

Q.

Can chocolate be part of a healthy diet?

A.

Yes. But before you devour a candy bar or go for a big slice of chocolate cake, there's something you need to know.

A lot of people believe chocolate is healthy. And it can be.

But here's the problem with eating a lot of chocolate. Most chocolate bars, desserts, and treats have no nutritional value.

Know what they do have? A lot of empty calories and high amounts of sugar and fat.

Nosh your way through a typical chocolate treat, and you're mainly eating the ingredients for future health problems like obesity and diabetes.

But that doesn't mean you have to live your life sans chocolate. Eating a small amount of *dark chocolate* may actually be good for you.

6 Tasty Health Benefits of Dark Chocolate

Hungry for something sweet? Researchers believe flavonols and antioxidants in dark chocolate may help:

1. **Lower** the risk for diabetes and insulin resistance¹



2. **Dilate** blood vessels and arteries to improve blood flow and heart health²
3. **Reduce** stress and inflammation linked to chronic disease³
4. **Support** weight management and lower Body Mass Index³
5. **Control** blood pressure and lower risk of heart disease⁴
6. **Improve** mood, memory, and the immune system⁵

A bite of dark chocolate for better health

If you've got a craving for something sweet and chocolate is on your mind, try dark chocolate. The darker, the better.

One recent meta-analysis found that 45 grams is the ideal amount of chocolate each week.⁶

- You can eat half of a small square (about 6 grams) a day.
- Or, you can eat a whole square 4 days a week.
- It's just enough to help you tap into the health benefits

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of dark chocolate without consuming a lot of calories.

- But it does add over 200 calories to your weekly intake, so plan to walk an extra 15 minutes for each square you eat.

References

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