

Dark chocolate is  
good for health



**ASSIGN  
BUSTER**

What is your first thought when you hear the word “chocolate”? I bet some of you will think: “yum chocolates~ but it’s fattening, I’m on a diet no!”

Surprisingly chocolate has been proved by scientists that it is healthy.

Chocolate is made of plants, which contains many of the health benefits of dark vegetables. Not all chocolates are healthy but you just have to be smart in picking them. Dark chocolate is one of the chocolates that has been identified and confirmed that gives us health benefits.

Dark chocolate contains antioxidants that can protect the body from aging caused by free radicals which will lead to heart disease. Dark chocolate can help relax blood pressure through the production of nitric oxide and balance certain hormones of the body. It is also good for your heart. A small bar of it can help keep your heart and cardiovascular system running well. Studies have shown that consuming a small bar of dark chocolate everyday can reduce blood pressure in individuals with high blood pressure. Dark chocolate can reduce LDL cholesterol (the bad cholesterol) up to 10 percent. Dark chocolate also acts as an anti-depressant. So if you have broken up with your boyfriend remember to have some chocolate to cheer yourself up.

I know some of you are wondering isn’t chocolate fattening? Well good news. Some fats in the chocolate do not impact your cholesterol. Only 1/3 of the chocolate fat is bad for you which is saturated fat which raises cholesterol and heart disease risk but 2/3 of the chocolate fat is good as it contains acids found in olive oil and have a neutral effect on cholesterol.

Here are some tips for chocolate lovers. Tip 1 balancing the calories. A bar of dark chocolate has around 400 calories. So break those into tiny squares

pieces and eat them one by one per day. A tiny square piece of chocolate will start off your day just right. Tip 2 go for dark chocolate as suggested as they have far more antioxidants than white chocolate. Tip 3, go for chocolates that have nuts or orange peels than caramel or nougat as they are just adding sugar and fat which erase many benefits you get from eating chocolate. Tip 4 avoid drinking milk with chocolate it washes away the chocolate antioxidants from being absorbed by your body.