Chocolate Is Good for You!

It is official: Chocolate is good for you! People all over the world have been waiting to hear these five simple words. Chocolate lovers can now enjoy a piece of chocolate without guilt.

Dark chocolate has large amounts of antioxidants. These are chemicals that help your body stay healthy. This delicious treat also has substances that help keep your cholesterol levels down. Lowering cholesterol levels helps to keep your blood flowing well.

There is evidence that eating 100 grams of dark chocolate per day can lower your blood pressure. This will help to reduce your risk of a heart attack or stroke.

Not only is chocolate good for your body, it makes you feel good. Chemicals in your brain that are produced when you eat chocolate make you feel happier.

Chocolate lovers can rejoice, knowing that eating chocolate is doing good things for them!