

Chocolate

Looking for a treat that you can feel less guilty about? Dark Chocolate may be the one for you.

Recent studies show that dark chocolate, which has a very high cocoa content, may have the most concentrated source of flavonol antioxidants in our diet, even higher than green tea.

Dark chocolate has been shown to reduce blood pressure, increase blood flow, increase saliva, and boost the mood regulator serotonin.

Cautions:

To achieve these benefits it must be **dark chocolate**, not milk chocolate.

You may compensate for the high calorie content of the chocolate by reducing calories elsewhere in your diet.