



Health Benefits of Dark Chocolate in a Healthy Diet

70% cocoa minimum

in moderation: ½ ounce

Cocoa has the highest amount of antioxidant flavanols of any food!

- Improves cognitive function
 - Improves memory
 - Improves mental performance
 - May have a protective effect on dementia
- Reduces risk of heart disease
 - Improves blood flow by relaxing blood vessels
 - Reduces LDL (bad) cholesterol
 - May decrease high blood pressure
 - Associated with reduced risk of heart attack and stroke
- Excellent source of antioxidants
 - Protects cells from damage and promotes healthy aging
 - Can prevent inflammation
 - May play a role in cancer prevention
- Improves mood and sense of well being
 - Contains a small amount of caffeine
 - May improve symptoms of depression
- May aid in weight control
 - Increases sense of fullness and satisfaction