



The
PTI BUZZ
Carol Kur, MSRD

Can dark chocolate a day help keep the Doctor away?



If you answered yes, you are correct. Scientific research indicates that dark chocolate is good for us. Health benefits are due to the higher concentration of cocoa in dark chocolate than white or milk chocolate.

BENEFITS:

1. Start at a concentration of 75% of cocoa or more
2. Antioxidant flavanoids which help prevent blood clots and arterial plaque build-up.
3. Lowers blood pressure
4. Less saturated fat than milk chocolate
5. Less cholesterol than milk chocolate
6. No sodium
7. More dietary fiber than milk chocolate
8. More iron content than the milk chocolate

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Let's get moving !!!!! Dancing for 30 minutes will burn 150 calories.

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