

Chocolate has long been touted for its health benefits, but what's the real deal with this sweet treat we love to give our valentines?



# DYK:

Dark chocolate contains a higher percentage of flavanols than milk chocolate or white chocolate. Flavanols have antioxidant effects and can play a role in reducing inflammatory processes in the body.



# The Scoop:

While studies have shown that a diet rich in flavanols is associated with decreased risk of heart disease, the evidence is shaky as to whether or not there is a high enough concentration of flavanols in commercially-available dark chocolate to have health benefits.



So, while chocolate can certainly fit, it may be best to consume for enjoyment in moderate amounts, rather than for potential health benefits.

