

How Sweet! A Daily Dose of Dark Chocolate May Protect the Heart

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Although many people may prefer lighter, sweeter milk chocolate to its darker counterpart, eating a few ounces of the bittersweet treat every day might be able to lower the odds of heart attack and stroke in high-risk people, according to a study published in *BMJ* and reported by [HealthDay News](#).

Dark chocolate is famous for being rich in flavonoids, a type of antioxidants known to help protect the heart. But this is the first study to examine the potential benefits of indulging in dark chocolate long-term.

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<http://beta.docker.realhealthmag.com/article/Daily-Dark-Chocolate-22485-7650>