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

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Although many people may prefer lighter, sweeter milkchocolate to its darker counterpart, eating a few ounces of the bittersweet treatevery day might be able to lower the odds of heart attack and stroke inhigh-risk people, according to a study published in BMJ and reported by HealthDay News.

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

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