

# HEART HEALTHY EATING

## Chocolate Can Help

(NAPSA)—A little chocolate can have significant positive health effects, according to a new study in the *European Heart Journal*, which showed a small quantity can lower heart attack risk.

Researchers at the German Institute of Human Nutrition found people who consumed about a quarter of an ounce of chocolate



### **Study links low-carb chocolate with healthier hearts.**

daily had lower blood pressure and a lower risk for heart attacks and strokes than those who ate little or none. Flavanols in cocoa, researchers believe, could account for chocolate's positive health effect.

They warn, however, that eating chocolate should not increase your overall intake of calories.

“Low-carb chocolate with no added sugar and zero trans fat, such as Simply Lite, can provide the taste of fine chocolate with health benefits,” explains registered dietitian Debra Drago. “As always, moderation is key.” These chocolates are available at Walmart and Trader Joe's.

For more information on the study, visit [www.simplylite.com](http://www.simplylite.com).