Hearts and Chocolate

September 1, 2005 By Laura Whitehorn

Two new studies confirm what every chocoholic knows: The quickest way to our hearts is that divine delectable. Both studies sweetly found that chocolate bursts with heart-healthy compounds called flavonoids. Rosa Donohue, nutrition consultant at New York City's SMART Body, backs the facts: "Dark chocolate may lower high blood pressure and reduce the blood's ability to clot, dropping the risk of stroke and heart attack." But don't milk it: Only dark chocolate does the trick.

"Next to shoes and men, chocolate is my favorite," says HIVer Annette Lizzul. Long-timer Bob Doyle agrees. "Chocolate's the one thing HIV meds didn't ruin for me when nausea was a bigger deal. Nothing else would stay down," he says, devouring a dark-chocolate truffle. Be still, my heart.

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