

Got Chocolate

According to medical doctor Don Colbert, a recent study shows that chocolate—the dark variety, that is—can be good for you. Dark chocolate, Colbert says, contains high levels of flavonoids, an antioxidant that protects the heart and blood vessels from the damaging stress of free radicals. This beloved treat can actually increase the levels of antioxidants in the blood by about 20 percent! Colbert recommends restraint, however, because the high sugar content of most chocolate candy causes more health problems than chocolate can protect you from. So if you get chocolate, get only the dark—and eat it only in moderation.