

Can chocolate really be healthy?

Eating chocolate may have some benefits when it comes to heart health. However, research so far is not clear enough to suggest you start eating it if you don't already. If you do already eat chocolate, here are some healthy tips:

- **Eat the darkest chocolate you can.**
- **Avoid white and milk chocolates, and filled ones like truffles.**
- **Make hot chocolate with unsweetened cocoa and a small amount of sugar.**
- **Choose dark chocolate instead of more sugary candy.**
- **Watch your total calories. Chocolate can have quite a few and weight gain can reduce any benefits you might get from the chocolate.**



For tips on nutrition, **talk to a dietitian** on the Living Well Platform. Visit <https://livingwell.provantonline.com> and choose the Nutrition tab.

This benefit is available free of charge to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.