

TIP OF THE WEEK



Have a piece of Chocolate!

Dark chocolate, in moderation, has health benefits such as reducing your risk for cardiovascular problems and cognitive decline.

Here are some tips for keeping it healthy:

Eat the darkest chocolate you can.

Avoid milk and white 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 candies.

Enjoy!


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