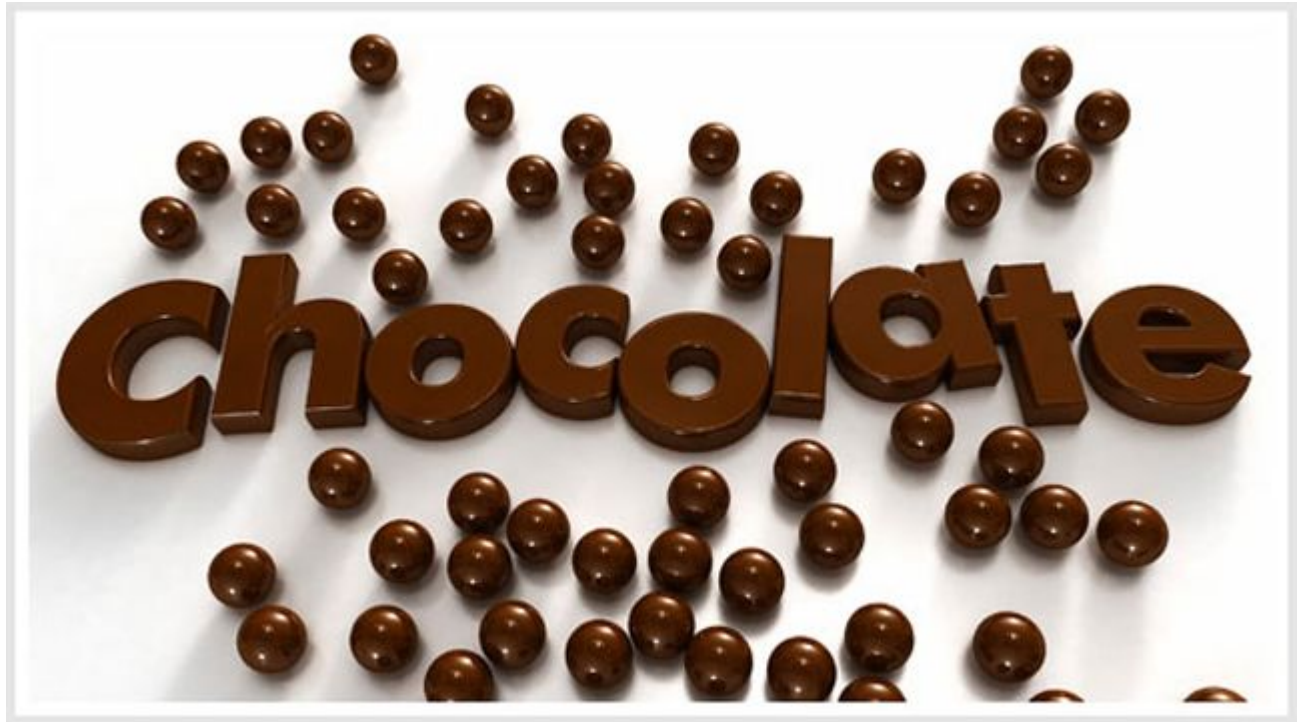# Is chocolate good for you? The pros and cons

Pros

1. Research at Harvard University suggests that people who eat chocolate three times a month will live almost a year longer than people who don't.
2. Chocolate contains flavenoids-substances that can reduce the risk of coronary artery disease.

Pros

3. Chocolate also contains small amounts of caffeine, which can be beneficial as it improves your endurance and decreases feelings of fatigue.

Pros

4. Eating chocolate makes you feel good. Like other sweet food, chocolate stimulates the release of endorphins - natural body hormones that produce feelings of pleasure and help to lift your mood.

Cons

1. Chocolate contains a lot of calories - just 100 g of milk chocolate contains 520 kcals, while dark chocolate contains 510 kcals. That's about the same number of calories as 2.5 kg of grapes or 300 g of grilled chicken.

Cons

2. Chocolate is high in saturated fats and sugar, so eating too much can contribute to obesity and related health problems. And the sugar in chocolate can cause tooth decay.

- But if you really can't resist chocolate, eat dark chocolate - it's higher in cocoa than milk chocolate and helps to increase levels of HDL, a type of cholesterol that helps prevent fat clogging up arteries.

And here are some more tips:

1. Eat good-quality. dark chocolate, not milk or white chocolate.;

2. Don't eat more than 100 g per day;

3. Eat chocolate after a meal, when you are full;

And here are some more tips:

4. Clean your teeth after eating chocolate;
5. Eat it with fresh fruit;
6. Eat it slowly so that you can experience the full flavour.