

Chocolate: a Perennial Tasty Treat

Chocolate bunnies, eggs and chicks all hop down the bunny trail this time each year. You can enjoy your favorite chocolates without jeopardizing your healthy eating plan.

Eat chocolate in small portions, since calories add up. Remember, candies are add-ons to eating plans, not central parts to a healthful eating plan. Don't substitute these treats for other foods and eat all chocolate in moderation.

And yes, chocolate can provide some health benefits; the darker the chocolate the better. Dark chocolate contains phytochemicals that may aid in the prevention of heart disease and may decrease the effects of sugar on your teeth.