

the right choice for a healthier you

This Valentine's Day, Enjoy a Healthy Relationship with

Chocolate



Valentine's Day is around the corner, and many of us are looking forward to giving or receiving chocolate. This year, as you enjoy this centuries-old treat, you can also take satisfaction in knowing that there are some health benefits to consuming chocolate in moderation.

Dark chocolate, in particular, is high in antioxidants and flavonoids that have been shown to improve heart health, lower blood pressure, and reduce the risk of stroke. Studies have also shown that chocolate can help improve cognitive function, reduce inflammation, and improve insulin sensitivity, in addition to helping regulate mood and improving emotional well-being.

It is important to keep in mind that chocolate is still high in sugar and fat, so moderation is key. To maximize the health benefits of chocolate, look for varieties that are at least 70% cocoa and low in added sugar. By incorporating chocolate into a balanced diet, you can enjoy this treat while also supporting your overall health.

What's Inside Chocolate that is Good For You?

ANTIOXIDANTS

Prevents degenerative disease and cancer, reduces signs of aging.



FLAVENOIDS

Increases blood flow to the heart, protects skin from sun damage, boosts brain power by helping create new neurons.



MAGNESIUM

Aids relaxation and reduces stress.



PHENYLETHYLAMINE

Increases happiness-boosting endorphins.



CHROMIUM

Increases and regulates energy production, assists with glucose metabolism.



THEOBROMINE

Improves short-term brain function.



SOLUBLE FIBER

Lowers cholesterol and glucose levels.



ANANDAMIDE

Regulates your mood.



Enjoy in Moderation!

While there are many great benefits to chocolate, there are also some tradeoffs—chocolate is high in fat and sugar content.

A 100G BAR OF DARK CHOCOLATE WITH 70-85% COCOA HAS:

- **604 CALORIES**
- **24.23G SUGAR**
- **43.06G FAT**
- **46.36G CARBS**
- **7.87G PROTEIN**
- **11G FIBER**



Granola Bars

Try this great snack that is reasonably healthy and unreasonably delicious!

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup chopped nuts (almonds, walnuts, or pecans)
- 1/4 cup shredded coconut
- 1/4 cup honey
- 1/4 cup maple syrup
- 1/4 cup melted coconut oil
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 cup dried fruit (raisins, cranberries, or chopped apricots)

INSTRUCTIONS

- Preheat your oven to 350°F and line an 8x8 inch baking pan with parchment paper.
- In a large mixing bowl, combine the oats, nuts, and shredded coconut.
- In a separate bowl, mix together the honey, maple syrup, melted coconut oil, vanilla extract, and salt.
- Pour the wet ingredients into the dry ingredients and mix until well combined.
- Fold in the dried fruit.
- Press the mixture into the prepared baking pan and press down firmly to create an even layer.
- Bake for 20-25 minutes or until golden brown.
- Allow to cool in the pan for 10 minutes before removing and cutting into bars.
- Store the granola bars in an airtight container at room temperature for up to a week.

These granola bars are a great option for a sweet snack as they are made with natural ingredients such as oats, nuts, and honey, and are relatively low in sugar compared to store-bought granola bars. They are also easy to make and can be customized with different types of nuts, seeds, or dried fruit.