



## RED WINE VS. DARK CHOCOLATE

The best way to ensure heart health is to eat lots of vegetables, fruits, whole grains and legumes. But if you're eating heart-healthy, exercising regularly and not smoking, you deserve an occasional treat! We wondered whether dark chocolate or red wine would be healthier for your heart. We pitted the two against each other to determine the champ:



### ROUND 1: POINTS AWARDED

- ✓ Tannin, a plant-based nutrient found in grape skins and seeds, may help protect against heart disease
- ✓ Resveratrol, a plant-based nutrient, may positively influence blood flow

- ✓ Flavanol, an antioxidant in cocoa, reduces inflammation; it's been linked to improved heart, brain and eye health
- ✓ Serotonin, the mood-lightening brain chemical, is elevated by eating chocolate; it can help fight depression

### ROUND TWO: POINTS DEDUCTED

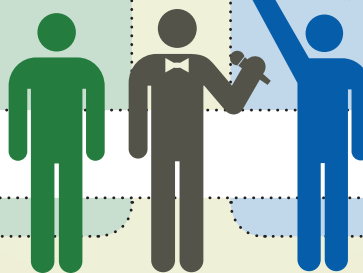
- ✗ 5 ounces of wine = 125 calories (ounces served and glass sizes vary at restaurants)
- ✗ May increase risk of breast cancer
- ✗ May increase the likelihood of high blood pressure and high triglycerides in some people

- ✗ 1 ounce of dark chocolate = 179 calories plus fat (Typical bars weigh 2 ounces)



**TIP** Bitter is better. Chocolate must be at least 70% cocoa to have heart benefits

JUDGE'S DECISION:



**KNOCKOUT!**



## DARK CHOCOLATE WINS!

By just a hair. Use dark chocolate and red wine in moderation as part of a heart-healthy diet. That means 1 to 3 ounces of dark chocolate and 3 to 4 ounces of red wine (one glass for women, two for men) per day. And if you don't normally drink, don't start; drinking may hurt your cardiovascular health.