**Facts**

* Phytonutrients are nutrients found naturally in plants that help protect and repair them.
* There are over 25,000 discovered phytonutrients! These plant nutrients may also benefit our bodies when we eat them.
* Flavonoids are a type of phytonutrient found in cocoa, apples, onion, cranberries, wine, and tea.
* Flavonoids are studied for their beneficial effects on blood flow, blood pressure, and antioxidant capacity.
* The basic ingredients of chocolate are: cocoa, vanilla, sugar, and cocoa butter.

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**How much?**

There is not a recommend serving size to reap the heart health benefits. However, it is suggested that we limit our chocolate intake to 1 ounce, a few times a week.

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**What kind?**

* Choose dark chocolate made with at least 60% cocoa.
* Look for chocolate made with cocoa butter, not palm or coconut oil.
* Avoid chocolates made with partially hydrogenated oils.

