

Published based on [Eating Chocolate May Reduce Risk of Heart Problems](#)

# **Eating Chocolate May Reduce Risk of Heart Problems**

Almost everybody loves chocolate. But did you know that dark chocolate can actually help reduce your chances of having heart problems. Click on the link below to find out more about this 10 year study and how eating chocolate can help reduce chances of having heart problems.

A 10-year study of nearly 20,000 people published Wednesday in the "[European Heart Journal](#)" found that those who ate about 7.5 grams, or one square, of dark chocolate every day seemed to be at lower risk of [heart disease](#) and [stroke](#) than those who didn't.

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