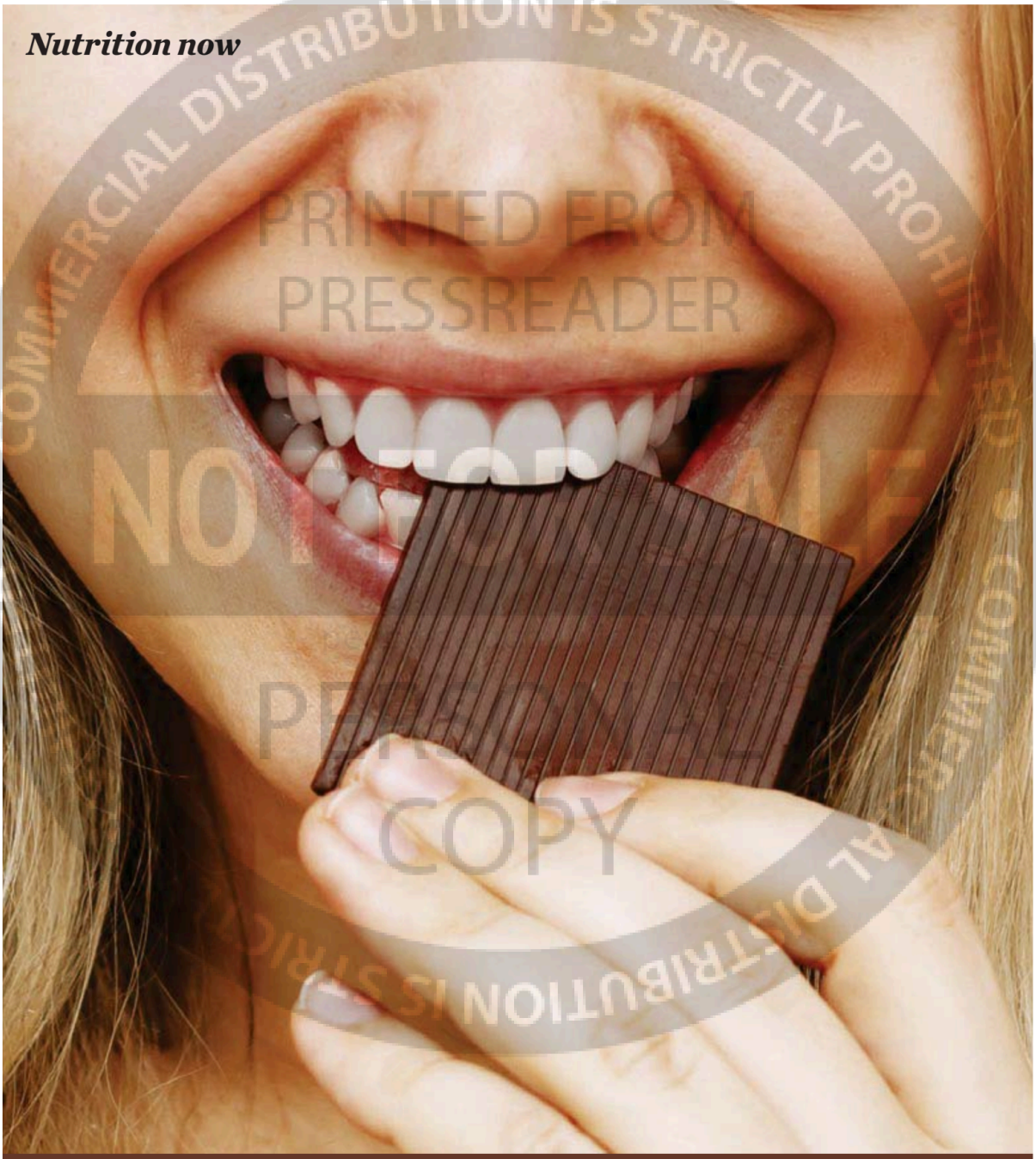
- Chocolate / Diabetes

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CHOC FULL OF GOODNESS

You can have your chocolate and eat it, too, according to a study in *The BMJ*. The catch? It has to be dark chocolate if you want to reduce your risk of type 2 diabetes. Participants who ate five or more servings of dark chocolate a week had a 21 per cent reduced risk of developing the disease, while those who preferred milk chocolate didn't enjoy the same protective effect. In fact, milk chocolate consumption was associated with weight gain and other unhealthy food choices including added sugar and processed meat. Pass the 70 per cent cocoa!