

pilatesstyle®

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teasersfood

go to the **dark side**

dark chocolate is good for you. that's our story, and we're sticking to it

Perhaps the ancient Mayans were on to something when they celebrated their god of cacao with an annual festival. Chocolate not only satisfies your sweet tooth, it's also rich in anti-inflammatory flavanoids and cancer-fighting antioxidants. Susan Kraus, MS, RD, a clinical nutritionist at HUMed, Hackensack University's Medical Center in Hackensack, NJ, adds that nibbling

on dark chocolate helps to lower blood pressure, improve blood circulation and promote relaxation.

As if you needed more reasons to enjoy chocolate, these tasty morsels bring new meaning to the phrase *chocolate fix*, since they deliver a healthy dose of good fats, antioxidants and serotonin. Just repeat after me: A little bit goes a long way! —Anne Bauso



All-natural **Q.BEL CHOCOLATES** are made without preservatives, hydrogenated fat, artificial flavors or artificial coloring. Available in crunchy dark chocolate wafer rolls and wafer bars (\$1.39–\$1.69; qbelfoods.com). per oz: 120 cal, 18g carb, 6g fat