

‘NUTRITIONAL TIPS’

CHOCOLATE AND A HEALTHY HEART?

A gift of chocolate on Valentine’s Day may help give your sweetheart a healthy and happy heart.

Research shows that chocolate contains antioxidants that may help prevent cholesterol from sticking to artery walls, reducing your risk of a heart attack or stroke. Chocolate also contains flavonoids, which are the same compounds that give red wine and tea their disease-preventing benefits. The darker the chocolate, the more antioxidants and flavonoids it contains.

Even with its health benefits, don’t get carried away with chocolate. Its taste, aroma and texture add up to a high-calorie treat. Enjoy your Valentine’s Day chocolate for several days and not all at once.

**“Welcome Aboard!”
“Enjoy The Ride!”**

SATISFACTION GUARANTEED

E-Mail: AskUs@555golf.com

WebSite: 555golf.com

Telephone: (817) 673-8888

24/7