Study: Chocolate is good for the heart

By Amy Kraft, CBS News

Good news for people who are trying to lower their risk of cardiovascular disease: a new study suggests you don't have to cut chocolate out of your diet.

Chocolate may be good for the heart. Photo/John Loo

In fact, new research published in the BMJ journal Heart says that it may actually be good for your heart.

The researchers looked at long-term health data on nearly 21,000 adults in England. They found that participants who consumed the most chocolate (up to 100 grams a day, the equivalent of almost two and a half Hershey bars) were 11 percent less likely than those who ate no chocolate to have a heart attack or stroke, and 25 percent less likely to die from cardiovascular disease. Results remained the same after researchers adjusted for a number of dietary variables including smoking, age, alcohol consumption and physical activity level.

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