Yes, you can eat chocolate

Although actual health benefits of eating chocolate are still being studied, the NIH News in Health reports that you can eat some types of chocolate in moderation:

- Eat as dark a chocolate as you can. Darker chocolate may help lower blood pressure.

- Choose dark chocolate instead of less healthy treats such as ice cream or candy.

- Avoid white and milk chocolates. Also avoid filled chocolate, such as truffles.

- Make hot chocolate with unsweetened cocoa, water, or nonfat milk, and a little added sugar.

- Watch your total calories because chocolate has a lot of them.