

There are many nutrients and antioxidants in dark chocolate. That's when it is best to eat to get the maximum benefit.

To improve mood

Drink dark chocolate in the afternoon. This will help you survive the daily decline in energy and improve your mood.

For weight loss

It is best in this case that there is dark chocolate in the morning. One study showed that the participants who used this sweetness at the beginning of the day did not gain weight. They also had a decrease in the craving for sweets, appetite, blood sugar levels, a smaller waist circumference.



Andrew hounselea / getty images

For the health of the heart

This will help the use of chocolate in the morning or at the beginning of the day. Due to this, you will reduce the craving for sweets and return to normal blood sugar. Scientists associate dark chocolate with a decrease in the risk of developing heart disease, heart attack and stroke.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.