

Celebrate this Valentine's Day without Feeling Guilty

Plain Ol' Dark Chocolate

Let's start with what we're all really craving: A hunk of plain chocolate. Diet disaster, right? Wrong. A one-ounce piece of dark chocolate amounts to only 151 calories, and its positive attributes don't stop there.

The flavonoids in chocolate are heart healthy, can lower cholesterol, and can even help prevent certain cancers, such as skin cancer. Dark chocolate is by far the healthiest option, as it contains less sugar and more antioxidants than milk chocolate or white chocolate. Stick to a small one-ounce serving when you really need it, and you can satisfy your next craving guilt-free.