10 Reasons Chocolate is good for you

Before you reach for that Snickers, remember this: While chocolate can do the body good, the study certainly doesn’t go as far as proving a causal link between eating more chocolate and losing weight. Keep in mind that [all chocolate was not created equal](http://www.huffingtonpost.com/eatingwell/chocolate-health_b_1262780.html#s684755&title=Con_Not_All): Dark chocolate packs more of a health punch overall, but even the bittersweet varieties can be high in calories, fat and sugar.

However, treating yourself to a small amount of chocolate regularly is definitely a health message we can get behind. Take a look at some of the surprising health benefits below, then tell us in the comments why chocolate is a part of your healthy diet.

1. It Reduces Stroke Risk

2. It Boosts Heart Health

3. It Fills You Up

4. It May Fight Diabetes

5. It Protects Your Skin

6. It Can Quiet Coughs

7. It Boosts Your Mood

8. It Improves Blood Flow

9. It Improves Vision

10. It May Make You Smarter

<http://www.huffingtonpost.com/2015/08/12/chocolate-health-benefits_n_1383372.html?scrlybrkr=0f9f7310>

10 Reasons you should eat more cookies:

I have always been a dessert person. Out of all desserts though, cookies have always been my favorite, chocolate chip to be exact. Nothing beats biting into a fresh, warm chocolate chip cookie. It's like heaven in my mouth every single time. Whenever I come home to visit my family, I kid you not, within five minutes I always hear "are you going to make cookies"? It's become somewhat of a tradition for us. Not only has my family grown accustomed to my cookie ways, but those who have come over even just once have most likely experienced it as well. It this unhealthy? Nope, and here's why:

1. They are good for the soul

## 2. They help you make friends

## 3. There are so many different kinds to choose from

## 4. They can be good for you

## 5. Easy portion control

## 6. Quick to make

## 7. Your chances of finding a significant other will dramatically increase

## 8. Who doesn't love a little extra cushion?

## 9. Cookies have all your necessary ingredients to survive

## 10. They're just so good!

<https://www.theodysseyonline.com/reasons-why-you-should-eat-cookies>