



Can Chocolate be Good for you?

By: Alya Mahtani

Do you like chocolate? I love chocolate. Imagine this. You were eating five huge chocolate bars and while you eat your sixth you realize that it is unhealthy for you but what if there was such thing as healthy chocolate. Maybe there isn't healthy chocolate but maybe chocolate is good for you in some ways. I think chocolate can help you with beauty, it can help you emotionally, and it can help you when you are sick.

My first reason why I think chocolate can help you is it can help you not get any diseases or get sick. According to *thedaliybeast.com*, dark chocolate can help you when you have a cough or a cold. I think this is a great way for people to get well and it could become a cure for lots of illnesses.



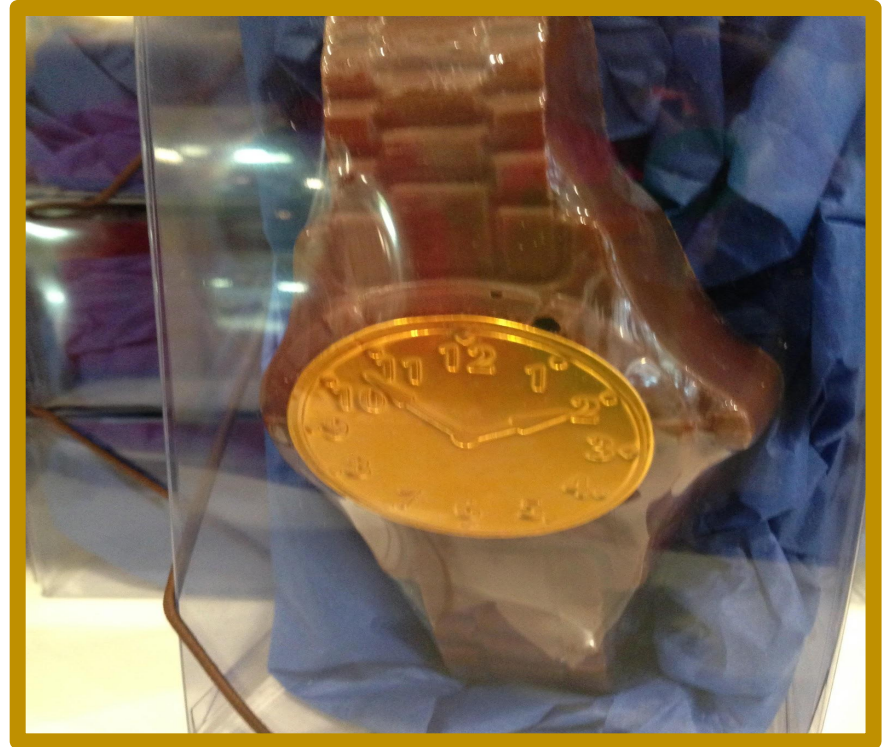
***TheDailyBeast.com* also states that chocolate can reduce chances of heart attacks. I know a lot of people think chocolate is bad for you but I think that is pretty amazing. Another website about chocolate, *Telegraph.co.uk* says, “-most chocolate can help prevent diabetes.” I think this is amazing what chocolate can do and how much people don’t believe in it.**



My second reason why I think chocolate is good for you is it helps you with beauty. According to *youbeauty.com*, dark chocolate can help your wrinkles go away if you have any! So chocolate doesn't only taste good it has more upsides to it. Also according to *youbeauty.com*, when you eat dark chocolate your skin gets a lot smoother.



Wow! Chocolate can do a lot for you and you don't even have to pay for it. Another example is one time when I was sick I took a piece of chocolate and the next day I felt so much better. Chocolate can do a lot more than you expect.





My last reason why I think chocolate is good for you is chocolate can help you emotionally. The manager of chocolate works said, “Chocolate makes me excited and happy when I eat it.” he also said “When a customer comes in my store just seeing chocolate makes their day better.” According to the website *telegraph.co.uk* it says when you are sad, chocolate makes most people feel better. Unless you hate chocolate you should keep eating it.



This is a picture of my sister Annika. She is eating a double chocolate cookie from Insomnia cookies.

In conclusion, chocolate can help you in many ways so keep eating it. It can help you with not getting sick, it can help you not get diseases, it can help you with beauty, and it can help you emotionally. Chocolate is not all that bad. It has many benefits to it. It is like a person. It has lots of sides to it.



**KEEP EATING
CHOCOLATE!!!!**

