

## **Mayo Clinic Minute**

### **Facts on chocolate, wine and your heart**

<b>VIDEO</b>	<b>AUDIO</b>
	Valentines day...a day of romance and spoiling your partner with guilty pleasures.
	But what if some of those guilty pleasures didn't have to make you feel so guilty?
CAROLYN LANDOLFO, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	"We do know that real dark chocolate has some protective effects on the heart and that it's not harmful."
	But Mayo Clinic cardiologist Dr. Carolyn Landolfo says skip the milk chocolate and stick to dark to really get those protective effects.
	And how about that glass of wine with your candle-lit dinner?
AMY POLLAK, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	"A small amount of alcohol, in particular the antioxidants and the flavonoids associated with red wine, can be very heart-healthy."
	But Dr. Amy Pollak says women should stick to just one glass...two for men.
AMY POLLAK, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	"First and foremost, everything in moderation."
	So while you tend to matters of the heart this Valentines Day, you may actually be taking care of your heart.
AMY POLLAK, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	"I think you can have the doctor stamp of approval to have a small piece of chocolate and a glass of red wine on Valentines Day to celebrate heart health and love."
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Ian Roth.