

# Toast your good health!

Red wine is rich in hundreds of antioxidant plant chemicals like resveratrol and catechins, which can improve “good” HDL cholesterol and may boost your heart disease defense system. Moderation is the key—an average of one to two 4 oz. drinks per day for men and one 4 oz. drink per day for women.



## Chocolate

- For heart-health benefits, choose a dark chocolate with 70% or higher cacao content. Dark chocolate has flavanols, potassium, copper, magnesium, and iron.
- A 1 oz. serving of dark chocolate has about 170 calories, 7g. saturated fat, and 3g. of fiber.

## Nuts

- Nuts are rich in healthy fats, antioxidants, protein, and fiber. Studies show nuts can reduce heart disease risk, lower bad cholesterol, open blood vessels, and prevent hardening of the arteries.
- Almonds contain vitamin E and omega-3 fats.
- Walnuts, with omega-3 fatty acids, are exceptional for cardiovascular health.
- Cashews contain oleic acid, the heart-healthy fat found in olive oil.

## Berries

- Strawberries are a good source of vitamin C and manganese, an important antioxidant mineral.
- Raspberries are rich in ellagic acid and anthocyanins, shown to help cells lining the blood vessels and heart to cool inflammation that may lead to CV disease.

## Grapes

- Grapes have antioxidant nutrients such as vitamin C and manganese, plus antioxidant plant chemicals.
- Grape skins are a rich source of resveratrol, studied for its role in longevity.



## PAIRINGS:

All chocolates are *Belcolade Belgian Discs*

99.5% Ebony Dark Chocolate  
Paired with: *Edge Cabernet Sauvignon*



70.5% Dark Bittersweet Chocolate  
Paired with: *Ridge Zinfandel*



55% Dark Semisweet Chocolate  
Paired with: *Adesso Romagna Cagnina*



35% Milk Chocolate  
Paired with: *Graham's 10 Year Tawny Port*



28% White Chocolate  
Paired with: *Veuve Clicquot Demi-Sec*