

FEBRUARY: MONTH OF THE HEART'S HEALTH

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February is Valentine's Day, but it's also Heart Health Month. Take this month to get the necessary medical tests and make sure your health is in optimal condition, especially your heart. The most important tests that can help you with your heart health are:

- LIPID PANEL TEST (CHOLESTEROL)
- BLOOD PRESSURE MEASUREMENT

It is equally crucial to make a careful selection of your food to keep you on a good weight. Select healthy options, limit excessive salt consumption, and avoid the use of artificial colors or flavorings such as "cubes". Instead, choose herbs or spices (fresh or dried) to season your dishes.

Also, take advantage of the Valentine's Day to include high quality cocoa and low in sugar; this can benefit your heart's health. The purer cocoa, the better the benefits. Dark cocoa can lower blood pressure, improve blood circulation and decrease the risk of heart attacks or strokes, all thanks to flavonoids, which help dilate blood vessels. However, it is important to consume it in moderation.

It is essential not to confuse the "milk chocolate" with pure cocoa, since the former contains a lot of sugar and is more processed. In contrast, "dark chocolate" has a higher percentage of cocoa, which translates into more antioxidants, flavonoids and minerals. The higher the cocoa content (70%, 80% or more), the better the nutritional benefits. If you've never tasted dark chocolate, you may find its bitter taste at first, but over time you'll get used to it and enjoy its health benefits.