

NUTRITION TIPS & TRICKS

SOME DARK CHOCOLATE A DAY KEEPS THE DOCTOR AWAY

Here's some news that's not hard to swallow... eating a small, 1.4 oz serving of dark chocolate each day is good for you! Many people don't realize that chocolate is plant-based, just like the fruits and vegetables recommended for a healthy heart.



Antioxidants

Dark chocolate is a potent antioxidant. Antioxidants are substances that protect cells from free radicals, destructive molecules that are implicated in heart disease, and other ailments. An extensive clinical trial proved that dark chocolate containing epicatechin (a plant flavonoid) improved blood vessel function more than chocolate without flavonoids. Flavonoids are antioxidants that keep cholesterol from gathering in blood vessels, reduce the risk of blood clots, and slow down immune responses that lead to clogged arteries.

This news isn't a license for you to go on a chocolate binge, however! Eating more dark chocolate can help lower blood pressure if you've reached a certain age and have medium to high blood pressure, but you still have to balance the extra calories by eating less of other things.

Dark Chocolate vs Milk Chocolate

Milk chocolate typically has 15% to 25% cocoa, while dark chocolate tends to have 50% to more than 80% cocoa. In terms of calories and fat, the two chocolates have close to the same, but dark chocolate's nutritious advantage comes from its deep colour. Both milk and dark chocolate get their colour from the cocoa bean, which gets its colour from flavonoids. The darker the chocolate, the more flavonoids it contains, and more flavonoids mean more antioxidant protection. The milk in milk chocolate can make it hard for your body to absorb those antioxidants in the first place.

Dark Chocolate (70-85%)

Nutritional Information (per 1.4 oz serving)

Calories	218	Monosaturated Fat	
Protein	4 g	Cholesterol	0 mg
Carbohydrates	18.9 g	Sodium	5 mg
Total Fat	15.9 g	Fibre	5 g
Saturated Fat	9.9 g		

Milk Chocolate

Nutritional Information (per 1.4 oz serving)

Calories	212	Monosaturated Fat	
Protein	3 g	Cholesterol	9 mg
Carbohydrates	23.6 g	Sodium	31 mg
Total Fat	11.8 g	Fibre	1.3 g
Saturated Fat	5.6 g		

Sources: www.webmd.com
www.calorieking.com