

can Chocolate Really Be healthy ?

Chocolate often gets a bad reputation for being all sugar and empty calories, BUT, this is one food where you can indulge "guilt free" in moderation and still reap some great health benefits!



BENEFITS OF DARK CHOCOLATE

Moderate evidence suggests that modest consumption of dark chocolate or cocoa is associated with health benefits in the form of reduced cardiovascular disease risk. *Potential health benefits need to be balanced with caloric intake 😊*

- 44% reduced risk of dying from heart disease if eaten once per week vs. never
- Decreased blood pressure
- Increased healthy HDL cholesterol
- Decreased inflammatory markers

how much to eat and what to buy

Research suggest we should consume 30- 120 mg flavonols per day.

- 1 square of Lindt 70% chocolate provides 50- 80 mg flavanols.
- The flavanol content of dark chocolate will vary by the % cocoa content and method of processing.
- Lindt and Dove are suggested brands highest in flavanol content.

RECIPE: gourmet hot chocolate

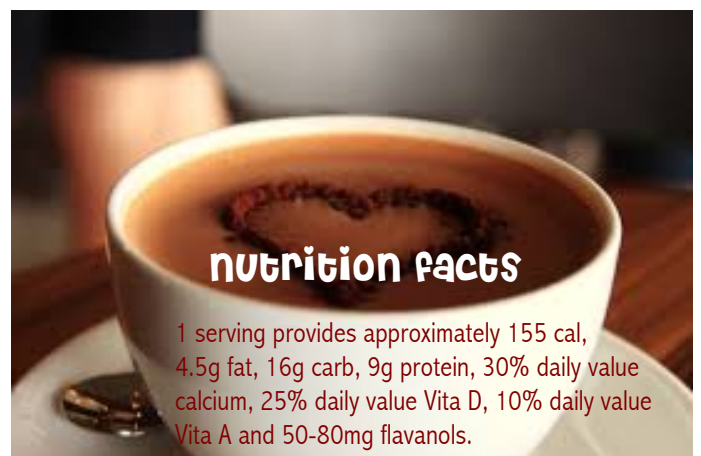
Combine in a microwave safe mug:

1 cup skim milk

1-2 squares dark chocolate

2 packets of sugar substitute (sweeten to taste)

Directions: Microwave ingredients on high for 1.5-2 minutes to desired temperature (make sure you use a microwave safe mug!) Stir well. If flecks of chocolate remain, heat for an additional 15-30 seconds and stir again.



Chocoholics rejoice!

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