



The Benefits of Dark Chocolate

- Dark chocolate (70% and up to 100% cocoa). The recommended dose is up to 50 grams per day for males and approximately 30-40 grams for females.
- Contains endorphin, which lifts your mood and may well be the best antidepressant
- Contains relaxing substance and hence can reduce stress
- Contains very high content of chemicals (possibly highest of all foods) that are anti-cancer and anti-heart disease
- Helps to normalise blood fats such as cholesterol and converts dangerous cholesterol to the non-dangerous form
- Decreases blood stickiness similar to low dose aspirin
- Can help with blood pressure
- Possible anti-diabetic because of high mineral content, such as chromium, magnesium and zinc
- More iron than any vegetable
- Has less than half the GI level of potatoes
- Can be useful in pre-menstrual tension
- Cup of hot chocolate (cocoa) contains about 4mg of caffeine, compared to coffee, 60-90mg
- 50gm of chocolate contains 38mg of caffeine
- Dogs and cats become quite ill from eating chocolate
- 50gm chocolate has fewer calories than four average small sweet biscuits
- Contains substance that prevents tooth decay

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