

For the Love of Chocolate

Chocoholics take note – chocolate is good for you! Research published in the American Journal of Clinical Nutrition reported that dark chocolate improves insulin sensitivity and lowers blood pressure.



In the study, a group of healthy adults were asked to eat their typical diet plus either dark chocolate or white chocolate for 15 days. The authors found that only the dark chocolate was linked to better insulin sensitivity and decreased systolic blood pressure.

The key word here is *dark* chocolate, which is made from cocoa. Cocoa is rich in flavanols, a type of antioxidant that's also found in wine, tea, fruit, berries, grapes and grapefruit. High quality dark chocolate or cocoa contains about three times more flavanols than milk chocolate, which has been diluted with milk and has added sugar. White chocolate contains absolutely no flavanols. And, remember moderation still holds true. A small two-bite brownie or a small handful of chocolate M&M candies will do. For the higher-calorie, more decadent stuff, choose a high quality dark chocolate that contains 60-70% cocoa solids.

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