

The miracle of...

CHOCOLATE!

- **Trying to eat for a longer life? Good news! Chocolate can fit into a healthy diet, and has anti-aging qualities! The catch: You have to pay attention to what kind and how much.**



10g of Dark Chocolate:

- 50 calories
- 4 g fat
- 3 g saturated fat
- 3 g sugar

What kind?

- **The benefits of chocolate come from cocoa beans. In powder form they can be used in baking and beverages. For solid chocolate, 70% dark chocolate is a healthy option. Processing removes cocoa's helpful antioxidants that protect your body. Most commercial chocolate is highly processed milk chocolate. This has little cocoa and too much fat and sugar.**

How much?

- **It only takes 6-10 grams of chocolate a day to get positive health effects. Consume any more, and you're getting unnecessary saturated fat and sugar.**

Did you know?

- **The oldest person in the world credited her longevity to eating a kilogram (2.2 lb.) of chocolate every week!***
***results not typical, not recommended!**

Lowers your risk of:

- High blood pressure
- Heart disease and stroke
- Dementia

Other possible benefits:

- Lower risk of kidney disease
- Improved brain function

