



The ultimate Chocolate tips

Chocolate Tip 1 - Balance the Calories:

This information doesn't mean that you should eat a pound of chocolate a day. Chocolate is still a high-calorie, high-fat food. Most of the studies done used no more than 100 grams, or about 3.5 ounces, of dark chocolate a day to get the benefits.

One bar of dark chocolate has around 400 calories. If you eat half a bar of chocolate a day, you must balance those 200 calories by eating less of something else. Cut out other sweets or snacks and replace them with chocolate to keep your total calories the same.

Chocolate Tip 2 - Taste the Chocolate:

Chocolate is a complex food with over 300 compounds and chemicals in each bite. To really enjoy and appreciate chocolate, take the time to taste it. Professional chocolate tasters have developed a system for tasting chocolate that include assessing the appearance, smell, feel and taste of each piece.

Chocolate Tip 3 - Go for Dark Chocolate:

Dark chocolate has far more antioxidants than milk or white chocolate. These other two chocolates cannot make any health claims. Dark chocolate has 65 percent or higher cocoa content.

Chocolate Tip 4 - Skip the Nougat:

You should look for pure dark chocolate or dark chocolate with nuts, orange peel or other flavorings. Avoid anything with caramel, nougat or other fillings. These fillings are just adding sugar and fat which erase many of the benefits you get from eating the chocolate.

Chocolate Tip 5 - Avoid Milk:

It may taste good but some research shows that washing your chocolate down with a glass of milk could prevent the antioxidants being absorbed or used by your body.

Source: <http://longevity.about.com/od/lifelongnutrition/p/chocolate.htm>

www.chocolatemonggo.com