

9 Chocolate Facts

Did you know ?

1. Dark chocolate contains lots of antioxidants which improve elasticity of blood vessels, thereby reducing blood pressure.
2. Chocolate Helps to Prevent “Bad” Cholesterol because it is rich in phenolics, the same heart protective antioxidants found in wine. 40gm of chocolate – less than a typical chocolate bar - has as many phenolics as a glass of red wine.
3. Eating dark chocolate every day reduces the risk of heart disease by one third.
4. Flavonoids found in cocoa products have antioxidant, anti-inflammatory, anti-clotting effects that can reduce the risk of diabetes by improving insulin sensitivity.
5. The smell of chocolate increases theta brain waves, which trigger relaxation.
6. Chocolate raises serotonin levels in the brain, resulting in a sense of well-being.
7. Chocolate can cause headaches for people who suffer from migraines or chronic headaches.
8. Chocolate is a danger to pets (chocolate contains a stimulant called theobromine, which animals are unable to digest).
9. White Chocolate isn't technically Chocolate, as it contains no cocoa solids or cocoa liquor.

10. Sources:

11. <http://cocoasymposium.com/is-chocolate-bad-for-your-health/>
12. <http://www.dosomething.org/tipsandtools/11-facts-about-chocolate>
13. <http://cocoasymposium.com/is-chocolate-bad-for-your-health/>
14. <http://www.purdys.com/Facts-about-chocolate.aspx>
15. <http://morkeschocolates.com/chocolate-facts>

Other info:

<http://www.webmd.com/diabetes/features/the-dieters-and-diabetic-persons-guide-to-buying-chocolate?page=1>

QUIZ Q's

1. How many Cacao beans does it take to make a 200gm bar of chocolate. (Like a Cadbury bar)? A. approximately 200 beans
2. What did the inventor of chocolate chip cookies get for his idea? A. The inventor of the Chocolate Chip Cookie sold the idea to Nestle Toll House in return for a lifetime supply of chocolate.
3. The World's Largest Chocolate Bar Weighed 5,792 kg
4. Which famous chocolate empire exists because of a last minute travel cancellation? Milton Hershey (the chocolate magnate of Hershey Bars), cancelled his reservations for the Titanic due to last minute business matters.
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