A CLOSER LOOK at what’s inside:

DARK CHOCOLATE (also called 70%+ dark chocolate)
Dark chocolate has at least 70% cocoa to be called dark. The remainder is cocoa butter (the natural fat of the cocoa bean), sugar, an emulsifier (what holds ingredients together; often lecithin), and vanilla or other flavorings.

MILK CHOCOLATE (also called milk chocolate)
The FDA requires that milk chocolate contain at least 10% cocoa and at least 12% dry milk solids. Like dark chocolate, the remainder is cocoa butter, sugar, an emulsifier (often lecithin), and vanilla or other flavorings.

WHITE CHOCOLATE
A derivative of chocolate, it is made of 25% or more of cocoa butter and up to 55% sugar, plus milk solids, cocoa mass (a by-product of cocoa butter), and vanilla or other flavorings.

Chocolate

Ahh, that rich flavor of chocolate. It comes from the “flavonoids” in cocoa beans — which are also the reason that chocolate is so healthy for your heart. Flavonoids are antioxidants that fight cell-damaging free radicals in your body.

Dark chocolate is best for you because it is the least processed chocolate, which means it contains the highest percentage of the flavonoid-filled cocoa bean (cocoa).

**Recommendations:**
- Eat in limited amounts.
- Read ingredients on the package to know what you’re getting.
- The darker the better! Eat chocolate with the highest cocoa content — 70% or more.
- Plain dark chocolate provides the greatest benefit. Avoid things that went into it, such as white or milk chocolate.
- A little goes a long way. Copy and paste to 1 box, then the bar into the other box.

**Flavonoids in the Cocoa Bean** help your heart by:
- Controlling cholesterol
- Lowering blood pressure
- Reducing your risk of blood clots
- Inhibiting sticky platelets
- Improving blood flow to your vital organs

**Chocolate Which Kind Is HEART-Healthiest?**

**Cocoa POWER**
Unsweetened chocolate is 100% cocoa. To try bitter and only use as part of prepared bakery. Baking chocolate is often unsweetened containing 20% to 50% cocoa solids. Try using 100% cocoa powder in hot cocoa, homemade talent glasses, and recipes requiring unsweetened chocolate — otherwise, you may want to use it as a substitute in coffee for a rich flavor.

**Nutrition**

<table>
<thead>
<tr>
<th>Chocolate</th>
<th>70+% Dark Chocolate packs the best punch for your heart.</th>
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</thead>
<tbody>
<tr>
<td>NUTRITION</td>
<td>1 oz (28.4 g)</td>
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<tr>
<td></td>
<td>Nutrition information</td>
</tr>
<tr>
<td></td>
<td>12+ g fat</td>
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<td>(per 1 oz or 28.4 g)</td>
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<td>Provides potassium and trace amounts of vitamins</td>
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