

SUPER



CACAO

Chocolate lovers, rejoice! Raw cacao is one of the richest naturally occurring sources of antioxidants, making it a good choice for your mind, body — and cravings!



Cacao vs. cocoa? The difference lies beyond vowels... cocoa is cacao that has been processed, giving it a less potent taste but reducing its overall nutritional profile so that its main feature is sugar.



HEALTH BENEFITS:

- High **FLAVONOL** content improves circulation, reduces blood's ability to clot and generally decreases inflammation
- Helps your cells **RESIST DAMAGE** caused by free radicals (which speed up aging process)
- **BOOSTS ENDORPHINS** and **SEROTONIN**, which may elevate mood and decrease anxiety



EASY WAYS TO INCORPORATE INTO FOOD:

Use cacao powder to flavor oatmeal or add 2 tablespoons to your next smoothie. Cacao nibs add sweetness to your trail mix or granola and are a powerful substitute for chocolate chips — use half as many nibs as you would chips when baking sweets!



Cleveland Clinic

health.clevelandclinic.org

Sources

my.clevelandclinic.org/services/heart/prevention/nutrition/food-choices/benefits-of-chocolate

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