

The Antioxidant Properties of Chocolate

If you're curious as to where chocolate comes from and what its health benefits may be, the following article may help answer some of these questions, as well as other questions such as:

can eating chocolate boost antioxidant levels?

Does chocolate contain flavonoids? (not an everyday question, but the article does address it)

Is one form of chocolate superior to other forms?

Readers who have an interest in the health benefits of chocolate, of course, may not be surprised to read that dark chocolate is the healthiest choice while adding milk to chocolate (either in the form of milk chocolate or by drinking liquid milk while eating chocolate) has the effect of diluting some of chocolate's natural benefits.

Of course, as healthy as chocolate may be, the fact that it is usually, in most forms, laden with sugar and high calories makes it a food item whose consumption should be rationed.

However, there are sugar free forms of chocolate available, most notably the various products produced by the Russell Stover company. The only downside to these are that many individuals do not do well with the artificial sugar alcohol sweeteners that are currently in use (from a first hand perspective, I can inform you that gastric distress and flatulence are two of the unfortunate side effects of eating these types of treats--though this affects different individuals in varying levels of intensity).